

A young child, likely a toddler, is smiling and giving a thumbs-up. They are wearing a U.S. Coast Guard uniform, including a camouflage-patterned jacket and a matching cap. A name tag on the jacket reads "U.S. COAST GUARD". The background is a blurred indoor setting.

CAREER DEVELOPMENT GUIDE

IT'S NEVER TOO EARLY TO START THINKING
ABOUT YOUR COAST GUARD CAREER

LETTER FROM THE EDITOR



Career Development Issue Revisited!

In April 2004, The Reservist published the “first ever” Career Development issue, and it was very well received by the field. It’s only been a little over a year, but in today’s fast-paced, ever-changing Coast Guard, I thought it’s already time for an update. My colleagues agreed, so here we are reprinting, updating and giving you some new information that will hopefully help you in your Coast Guard Reserve career.

This time around, the focus is less on officers, more on enlisted and general interest articles. New articles include one on the Annual Screening Questionnaire, retirement, Unit Leadership Development Program, and lateral changes in rating. Updates are provided on MGIB-Selected Reserve, Career Development Advisors, Career Tools, Reserve Service Wide Exam, and Enlisted Professional Military Education. Hope you enjoy it and find it useful.

Congratulations to LT Ruben Moya, named by his alma mater, Texas A&M – Corpus Christi, as “Young Alumni of the Year.” He is honored as “Citizen-Sailor of the Month” in this issue.

Also, our training center series continues with a stop at historic Training Center Yorktown, Va. Don’t forget to read about the new TRICARE Reserve Select program, a premium-based TRICARE health plan offered to reservists who serve or served continuously on active duty for at least 90 days in support of a contingency operation since Sept. 11, 2001.

Finally, a word about submitting articles for publication. If you have a noteworthy upcoming event or newsy item that you think reservists may want to know about, send it in. I’m always on the lookout for these items and they pop up in the strangest places, even when I’m not looking for them. If you received an award, send it in. I publish these when enough accumulate to make a list. They are typically not sent in by units nor by the Awards & Medals Section. E-mail submissions are preferred. Please know, however, that I’m not complaining about lack of submissions. In fact, I have enough right now to last for months! Thank you to our readers and contributors for helping make the magazine an interesting read.

-Ed.

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THE RESERVIST MAGAZINE

Volume 52 / Issue 4-05

18

Career Development – Revisited



8 Reserve News

Texas Rodeo, Extreme Makeover,
New MSST, Coastie Pen-Pals
and an American Journey.



43 A Bit O' Humor

Rule No. 1 of Coast Guard career
development... on second thought,
we better let her explain it.

Also in this Issue:

- | | | | |
|----|----------------|----|----------------|
| 4 | Letters | 44 | Bulletin Board |
| 14 | The View | 47 | Book Reviews |
| 22 | Citizen-Sailor | 51 | On Deck |

40



Training Center Series

This month we take a look at the U.S. Coast
Guard Training Center at Yorktown, Va.

Front Cover: *Morgan Tokarski, 2, son of CAPT Beverly Kelley, USCG, dons desert cammies.*

More Inaugural Feedback

I found the article, "The 55th Presidential Inauguration," written by PA2 Judy Silverstein, to be very well done. I was impressed with her description of the Coast Guard Band and how professional they have to be to qualify to be a member. It brought a smile to my face because, in Cape May 1952, the Coast Guard Band consisted of a drum and bugle corps. We played at every weekend graduation ceremony and practiced during the week. I, who had absolutely no experience, was able to "qualify" as a drummer. At the urging of a new friend, I was convinced that I could become a member by just saying I could play. I still grin when I think about the best time I had in the regular Coast Guard.

— CDR Robert J. Bell, USCGR(Ret.)
Lake Worth, Fla.

Your latest Inaugural issue of *The Reservist* is truly a collector's item...and your listing of this year's events reminded me of the U.S. flag that was flown over the U.S. Capitol on Aug. 3, 1990 "on the occasion of the dedication of the rededication of the Memorial to Americans Lost at Sea [our Coast Guard Memorial] and of its [Coast Guard] Bicentennial." Perhaps it is time to break out and display that flag and the framed certificate.

— CAPT John Bruce, USCGR(Ret.)
Bethesda, Md.

Ed's note: The memorial CAPT Bruce is referring to is named the "Navy and Marine Memorial Dedicated to Americans Lost at Sea" and is located along the Potomac River in Arlington, Va. It was dedicated Oct. 18, 1934. The Coast Guard unveiled a plaque here during the USCG Bicentennial in 1990.

Integration One of Best Things Ever for the Coast Guard Reserve!

This is in response to the letter by CAPT Joseph F. Manfreda on integration and published in Issue 02-05. I think the integration of the Coast Guard Reserve force into the active duty force was one of the best things that ever happened to the Coast Guard Reserve. Following four years of active duty, I drilled from 1978 – 1997. As a drilling reservist, I had several command and XO positions, spent a month in Valdez on the oil spill cleanup, augmented a joint command, and augmented Group/Sector Key West as its Deputy Group Commander.

I found that much more real work was done by reservists when they were augmenting than when they were not. The administrative burden required to maintain separate reserve units was heavy and occupied most of a reserve officer's and CPO's time. I suspect that up 30 percent of the total time spent by reservists in the old separate reserve units was devoted to administrative stuff.

Once we merged, I found that a motivated, aggressive reservist was a welcome addition to an augmented active duty command. I found that the reservists had access to the training needed to keep him or her proficient, educated and able to advance. I did find that each reservist had to prove him



or herself, probably more than the active duty folks did. I am OK with that. That is an unavoidable consequence of being a part-timer, not just in the military reserve, but in any organization.

I believe the PSUs are a different case and should be maintained separately because they deploy as a unit.

I believe that active duty commanders and OICs should be just as responsible for the effective management of their reserve resources as they are their active duty resources.

As a civilian employer I would love to have the kind of flexibility an integrated Reserve force provides.

— CDR John Dolan-Heitlinger, USCGR(Ret.)
Key West, Fla.

Ed's note: It's your turn to "Sound off on Reserve Integration!" See page 45.

PSU 307 Makes History

PSU 307 returned from Kuwait Dec. 12, 2004, marking the longest deployment in Coast Guard PSU history. The unit arrived in theater Feb. 4, 2004 to relieve PSU 308 and to take on port security duties there in support of Operation Iraqi Freedom. PSU 307 was augmented with approximately 30 active duty and reserve members from all over our Coast Guard community and together, with their regular personnel, ensured that the vital sea lines of communication were kept operational. PSU 307, like any deployed unit, endured many hardships both at home and in theater during this mission and overcame them all with the professionalism and dedication to duty that continues to be delivered every time that this unit answers the call. I write this letter to recognize the sacrifices made by all members and their families of PSU 307 and for etching their place in history.

— MK1 Brian Hosking, USCG PSU 307
St. Petersburg, Fla.



So Long, Farewell....

To all of my friends in the USCG Family...time has come to say so long. Eileen and I are retiring from our Coast Guard civilian positions at the end of May 2005. Between my USCGR and civilian service, I have nothing to say but great things about the Coast Guard. I have met so many nice people, made so many real friends, had so many great jobs, did some great traveling and so on.

I always said that "I have the type of job that I should pay the Coast Guard for what I do." I always meant that. We just want to retire while we can still do things in life. So it is time to move to the next stage. We are moving to Port St. Lucie, Fla. the first week of June 2005. Best regards to all.

— MCPO Johannes (Hans) Verhaeg, USCGR(Ret.)
and Eileen Verhaeg
Port St. Lucie, Fla.

Fitness Letter Feedback

My letter is in regards to MST1 Caleb T. King's letter in Vol. 52, Issue 2-05. His letter brings up an important point regarding the fitness level and one's ability to perform a task, which may at times be difficult or physically demanding. Mr. King's mindset is that the Coast Guard's "Focus of Fitness" is an activity that is a required program (true), and only of interest or benefit to the Guard. In reality, it is one of the best benefits the Guard can impose on the members of our wonderful service, and we should hope it helps to reverse our Country's fitness problem.

Being 70, and in excellent health, I can attribute it all to a big extent to our continued physical activities. Both my wife (63) and I cycle, run, hike, kayak, swim, snorkel, as well as go to the fitness center often. We both are prescription drug free, and also recreational drug free. We are able to compete very favorably with those 15-20 years our junior, because of our active fitness schedule.

Mr. King sounds like he wants to be compensated for staying healthy, covered by Coast Guard insurance in an exercise program, provided a fitness center membership and so on. All it takes is a place to do push-ups, stomach crunches, and a safe place to run. It also sounds to me like Mr. King would like to justify to himself that he can satisfy his Reserve hours by attending a fitness center.

Thank goodness, there are very few in our United States Coast Guard with this perceived mindset.

— IV1 Russ Melanson, USCGR(Ret.)
Alameda/Petaluma, Calif.



1955 Coastie Photo!

I own a couple of 1955 Buicks and collect material to accompany them. As such, I have several issues of Buick Magazine from 1954 and 1955. In the July 1955 issue, there is a special article on Colonial Beach, Va. and their Potomac River Festival. Within that two-page article is the attached photo of a Coast Guardsman and the caption reads: Coast Guard oversee water carnival. As I love history, I found the picture rather interesting and thought the readers of The Reservist would enjoy seeing it as well.

— PSC Steve Friend, USCGR
Woodbridge, Va.

Ed's note: Thanks for sending in this 50-year-old gem, Chief! The Coast Guard will definitely be wearing a different uniform if they're in attendance at this year's Potomac River Festival set for June 10-12 in Colonial Beach.



Fuzzy Format?

You and the staff continue to do a fine job with The Reservist magazine. I look forward to reading it so much that I watch for it on the Web site. While reading the section on retirement, I was having trouble reading the numbers on the chart for estimating your earnings. Is this a problem with scanning a document or is this how the resolution of Adobe Acrobat reader works? Not a big deal since the hard copy will be mailed out soon, but was just wondering. Please express my thanks to the rest of the staff for doing such a fine job on this magazine!

— ETC Rick Ahlberg, USCGR
ESD Detroit, Mich.

Ed's note: The Adobe Acrobat PDF file is created in low-resolution to keep the file size down. When the magazine Web version went to this format earlier this year, the file size was too big to open by most readers, so we asked the printer to produce a low-resolution version that could be easily opened. We got our wish – but yes, sometimes the charts and print can be harder to read than the hard copy.

Correction

In issue 2-05 of The Reservist on page 30, Book Reviews, the reference to Lucky Lady by CDR Russell Stickney and Guy Bates, the address zip code is 63124, not 62124.



HOUSTON (March 18, 2005) — Master Chief Jeffrey Smith, Master Chief of the Coast Guard Reserve Force, shakes hands with Ken Johnson at the Michael E. DeBakey VA Medical Center. Some of the DoD Reserve Senior Enlisted Advisors and country singer Lee Greenwood came to the VA hospital to show their gratitude for the service of injured veterans.

Photo by PA3 Andrew Kendrick, USCG





DALCOUR, La. (Feb. 21, 2005) — LT Mike Roschel and PO1 Jonathan Smith, both of D8, help remove a section of wall framing from a house being renovated by ABC's "Extreme Makeover – Home Edition." Twelve Coast Guard volunteers from local units participated to help renovate the house during the week-long project. Photo by LT Robert D. Wyman, USCG



SOUTH PADRE ISLAND, Texas (May 6, 2005)–
A boatcrew from Coast Guard Station South Padre Island trains to intercept and interdict an illegal lancha boatcrew in Laguna Madre, off the Texas coast. Lanchas, similar to the one pictured here, are typically used to conduct illegal fishing or the smuggling of contraband. In the training scenario, a second Station South Padre Island boatcrew operated the suspect vessel.
USCG photo by PA2 Kyle Niemi, USCG.





MARINETTE, Wis. (April 2, 2005)– The CGC Mackinaw (WLBB-30) slides into the Menominee River at a launching and christening ceremony at Manitowoc's Marinette Marine subsidiary here. The keynote speaker was The Honorable J. Dennis Hastert, while Mrs. Jean Hastert served as sponsor. The new 240-foot icebreaker will be delivered to the Coast Guard Oct. 15, 2005, and homeported in Cheboygan, Mich. It will replace the old Mackinaw (WAGB-83), slated for decommissioning in 2006. Photo courtesy LT Erik Skow, PRO Marinette







See You in New London!



By
Rear Admiral
James C. Van Sice,
USCG

Director
of Reserve and
Training

“My past assignments brought me into contact with reservists, and I thought I had a pretty good handle on what you do when I got here. But I have since learned that no more dedicated group of individuals exists than Coast Guard Reservists. It shall always be my great honor to say that I served with people who exemplify America at its best.”

As many of you probably know by now, I will be departing soon as your Director of Reserve and Training to become Superintendent of the Coast Guard Academy. Although I am excited about my new assignment, I feel more than a little regret that my tour as chief of the Reserve Program is being cut short.

I believe we have accomplished much over the last year, though we still have a ways to go. I am proud of the small part I have played in building a better and more ready Reserve Force, and feel confident my relief, RADM Sally Brice-O'Hara, will carry the ball past the goal line on many key initiatives. RADM Brice-O'Hara's credentials are excellent, including previous tours in the Human Resources Directorate and a solid track record for support of the Reserve Program as Fifth District Commander. She will do an excellent job.

Some of those initiatives include the Reserve Strategic Employment Working Group, whose efforts will lead the way forward for the Coast Guard Reserve by identifying the core strategic functions of our Reserve Force, and by extension, how it ought to be structured and staffed. Many details still need to be worked out, and you'll see an ALCOAST when they are. But I can tell you right now that we have settled the augmentation vs. mobilization debate.

Augmentation helps train reservists for mobilization, the primary reason our SELRES force exists. It also yields many valuable byproducts in terms of support for routine missions, and will continue to be a central feature of our integrated Coast Guard. But mobilization — and being ready for it — is why we are here.

Readiness is the focus of most things we are working on in Reserve and Training. We have continued implementing the corrective actions identified by the Reserve Strategic Assessment Team, or RSAT. Gaps in how we train and assign reservists are being closed, while performance and individual readiness issues are being addressed. The results are visible, particularly in terms of improved physical and dental examination currency.

Some credit goes to my staff in the Office of Reserve Affairs, led by CAPT Louis Farrell, who this summer retires from a long and fruitful career. CAPT Farrell has been

backed by a small, but dedicated team of professionals. They are among the best I have seen in over 30 years of Coast Guard service. Special mention goes to Jeff Smith, Master Chief Petty Officer of the Reserve Force, who has helped me better serve our Enlisted Force.

But we could sit here at Headquarters and issue policy all day long, and it would not accomplish much without the cooperation of a dedicated and engaged Reserve Force. From our Senior Reserve Officers to the most junior non-rate, your ability to balance home and family, civilian careers and service to our country awes me.

Since 9/11, we cumulatively issued more than 6,200 sets of recall orders. Many of you have been called to the colors two or even three times. Some of you have served multiple tours overseas, in the Middle East, or safeguarding our forces in Guantanamo Bay, Cuba. Even more of you have served INCONUS, closer to home, perhaps, but still often separated from home and those you love. At present, more than 700 of you are still mobilized involuntarily. Another couple of hundred of you have volunteered to remain on the job.

My past assignments brought me into contact with reservists, and I thought I had a pretty good handle on what you do when I got here. I have since learned that no more dedicated group of individuals exists than Coast Guard Reservists. It shall always be my great honor to say that I served with people who exemplify America at its best.

While I do regret that my tour as Director of Reserve and Training was a short one, I am happy that my direct involvement with the Reserve Program does not end here. The Coast Guard Academy is home to our Officer Candidate School and Reserve Officer Candidate Indoctrination, or ROCI, a key source of SELRES officers. I am looking forward to this continued opportunity to shape the future of our Service and the exceptional men and women of the Coast Guard Reserve. So, I am not going to say “farewell” here or wish anyone “following seas.” Instead, as I depart as Director of Reserve and Training, let me simply say: “See you in New London.”

Coast Guard Commissions 10th MSST

HONOLULU — The Coast Guard commissioned its 10th Maritime Safety and Security Team here Dec. 9 aboard the battleship museum USS Missouri at Pearl Harbor.

“The battlefield is no longer in some far away land, it is on our land and in our waters,” said Sen. Daniel Inouye of Hawaii. “With 75 people and a compliment of six boats, their deployment here will be an important aspect to Hawaii’s port security efforts.”

MSSTs are a quick response force capable of rapid, nationwide deployment via air, ground or sea transportation in response to changing threat conditions and evolving maritime homeland security mission requirements. They are modeled after the Coast Guard’s port security units and law enforcement detachments.

“Our lifeline (in Hawaii) is our waterways and ports,” said Lt. Gov. Duke Aiona of Hawaii. “The Coast Guard plays a vital role in protection and this is just another layer of our homeland security efforts.”

The teams were created in direct response to the

terrorist attacks of Sept. 11, 2001 and are a part of the Department of Homeland Security’s strategy directed at protecting our seaports and waterways. They were established to protect military load-outs, enforce security zones, defend critical waterside facilities in strategic ports, stop illegal activities such as narcotics trafficking or illegal migrants, and provide a modest level of shore side protection.

“I wanted to protect my country and this is the best way to do it,” said MSST member PO2 Tiffany Peltier.

MSST 91107 is the fifth Coast Guard anti-terrorism team to be commissioned in the Pacific region, and the tenth to be commissioned nationwide. Other MSSTs are located in the ports of Seattle, Los Angeles/Long Beach, San Francisco, Anchorage, Alaska; Chesapeake, Va.; Boston, Houston, St. Mary’s, Ga., and New York.

— By PA2 Jennifer Johnson, District 14 Public Affairs



PO2 Christopher Price of the Maritime Safety and Security Team holds the guidon during the unit’s commissioning ceremony held on the deck of the USS Missouri Dec. 9.

U.S. Coast Guard Photo

PSU 307 Unloads...



Photo by PA3 Beth Reynolds, USCGR

Members of PSU 307 unload their gear at 1:30 a.m. on Dec. 12 in Clearwater, Fla. after arriving home from a 10-month deployment in Kuwait.

Armed Forces Salute, Texas Style!

HOUSTON – More than 43,000 people showed their support for our nation's armed forces during the 2005 Houston Livestock and Rodeo Show here March 3.

The show kicked off with a salute to the U.S. military in the form of interactive computer games, static displays of equipment and firepower, and ushering in a new generation of recruits from each of the military services. Superstar Country Western stalwarts Neal McCoy, The Charlie Daniels Band, and Lee Greenwood capped off the evening with patriotic performances.

Over by one of the entrances to the stadium, soldiers from the 7-6th Cavalry Regiment from Conroe, Texas, introduced an AH-64 Apache attack helicopter to the young and old alike. CWO Bobby R. Deiss, from Headquarters Troop, guided the crowd around the aircraft's 30mm cannon. Across from the helicopter, a retrofitted Humvee used a 24-inch plasma screen loaded in the back and dance music to show onlookers what an Apache can really do to its enemies. The carnival was a big attraction as well.

As daylight faded, people made their way into Reliant Stadium for rodeo action. After the famous calf scramble, 40 recruits representing active and reserve units in the Army, Marines, Navy, Air Force along with eight Coast Guard marched in and pledged their oath to join the ranks of the United States military. Administering the oath was The Honorable Thomas F. Hall, Assistant Secretary of Defense for Reserve Affairs. The appreciative crowd gave the new recruits a five-minute standing ovation.

"I want to serve my country and travel," Derek Hinski, a graduate of Southeast Academy in Houston and new Army Reserve recruit said after the ceremony.

National Guard recruit and Clearbrook High School senior, Tanya L. Bush plans on working as a military intelligence analyst.

"I want to contribute to the war and help coordinate our



Photo by Staff Sgt. Ron Burke, 211th PA Det.

Escorted by their respective military representative, 48 recruits from active and reserve units of the U.S. armed forces raise their hands and follow the lead of Thomas F. Hall, the Assistant Secretary of Defense for Reserve Affairs, as he recites the oath of enlistment in front of thousands of appreciative fans at Houston's Livestock Show and Rodeo.

forces wherever we are needed," she said.

After the ceremony, a video showing our military at work within our country's border and around the world was shown while drums sounded in the distance. Red, white, and blue fireworks exploded above as several service members walked out into the performance area waving to the appreciative crowd.

The voices of Neal McCoy, Lee Greenwood and Charlie Daniels mingled with the notes of guitars, drums and an occasional fiddle as the 2005 Houston Livestock Show and Rodeo climaxed its tribute to the veterans of all ages and newest members of the United States armed services ... a fitting salute to our nation's heroes.

Coast Guard members from local units also attended this and other special rodeo events. A Coast Guard helicopter, RBS, and recruiting booth were also present.

— By U.S. Army
Staff Sgt. Ron Burke,
211th Public Affairs Detachment



Members of the DoD Reserve Senior Enlisted Advisory Council pose for a picture with Brig. Gen. Henry J. Ostermann, Ph.D. and deputy commander of the 90th Regional Support Command, at the Michael E. DeBakey VA Medical Center in Houston. Some of the DoD Reserve Senior Enlisted Advisor's and country singer Lee Greenwood came to the VA hospital to show their gratitude for the service of injured veterans. The DoD Reserve Senior Enlisted Advisor's joined together with Secretary Thomas F. Hall, Assistant Secretary of Defense for Reserve Affairs, to attend the 73rd Houston Livestock Show and Rodeo for military appreciation.



New Silver Badge at LA/LB

BMCM Ed O'Sullivan, left, was pinned as the Reserve Command Silver Badge Master Chief for MSO/Group LA-LB by CAPT Peter Neffenger, CO of MSO/Group LA-LB Dec. 20, 2004. O'Sullivan has been on active duty since shortly after Sept. 11, 2001, first with the PAC AREA Armory as a Range Master and then as the Operations Officer of the Sea Marshal Program. He is now Chief of the Mess, Upper South West U.S. and will be assisting MCPO Richard Willoughby, Command Master Chief of LA-LB.

New Manistee Station!

The Coast Guard dedicated this new 14,021-square foot facility in Manistee, Mich. Nov. 15, 2004. The station has 19 active duty members, five reservists, and 20 auxiliaries from Auxiliary Flotilla 20-08.



Photo courtesy P01 Jeff Tribelner, Station Manistee

An American Journey...

LTJG Jae-Won Kwon, left, celebrates with her parents, Myung-Sook, center, and Young-Gil, right, at a naturalization ceremony in Arlington, Va. Feb. 18. The Kwons, who moved to the U.S. from South Korea when Mr. Kwon was in graduate school, started the naturalization process more than six years ago. LTJG Kwon, a naturalized citizen since 1996, has been a reservist since 2001 and is currently serving on active duty at Headquarters.



Students Correspond with Iraqi War Soldier: MCPO Doug Stell, USCG Reservist

Reprinted with permission from "School Days," Henrico County Public Schools, Va., February 2005

Students in Charlene Saferight's class don't have to travel to the Middle East to learn words like dinars, DFAC or Mid-Rats. All they have to do is boot up their computers.

MCPO Doug Stell, a Coast Guard Reservist from Varina, Va. who is serving in the Iraqi war, is corresponding with Saferight's exceptional education students at Ward Elementary in Henrico County, Va. Each week Saferight sends an e-mail to Stell containing a letter of the alphabet the class is studying. Stell replies with a list of words beginning with that letter.

For example, the national currency in Iraq is dinars. Stell wrote that one dinar equals \$3.39. DFAC is another "d" word Stell wrote about. It stands for dining facility. Mid-Rats, which stands for midnight rations, allows soldiers who missed dinner to eat. Some other words Stell has described include camels, tent cities, COW (chief of the watch) and PT (physical training.)

Stell has also written about the soldiers' lives, the weather in that country and their particular mission, which is "to protect the places where our troops, who live somewhere else, get their supplies."

The correspondence between Stell and Saferight's class began with Ward Principal, David Burgess. Both Stell and Burgess were in the Coast Guard Reserve together and Burgess is now retired.

"We've known each other for 20 years," Burgess said.

During Ward Elementary's 2003 Veterans Day ceremony, Stell was the guest speaker. He also got to know several



MCPO Doug Stell, USCGR

members of the Ward faculty.

"Doug loves e-mail," Burgess said. "He started sending e-mails when he was first deployed this past summer. I forwarded some of his e-mails to the staff since they remembered him from Veterans Day. Ms. Saferight took it upon herself to reply about what her kids were doing."

Burgess said the students are benefiting from the correspondence in many ways.

"Little kids have trouble understanding war. We are trying to let kids know these soldiers are real people who give them an opportunity to have a free education. We all have wonderful opportunities in this world because of our reservists."

Saferight said her decision to initiate the correspondence was easy. "Master Chief Stell was writing such interesting, long letters," said Saferight. "I thought it would be good for the children to understand the military and how Master

Chief Stell is protecting us."

She has four exceptional education students in her class.

"I let Master Chief Stell know what letter we are working on each week. Last week we were working on the letter 'c' so he wrote to us about camels. The students learned that a camel carries fat in its hump. It has two toes on each foot. Since camels live in the desert, they have long eyelashes to keep the sand out of their eyes. It was kind of a social studies lesson."

Saferight added, "We hope to continue our correspondence throughout the school year. We have 26 letters in the alphabet so that's at least 26 weeks. We will continue to write Master Chief Stell not just to get through the alphabet, but also because we enjoy sharing and we have become friends with him."



MCPO Doug Stell, currently serving in the Iraqi war, is corresponding with students in Charlene Saferight's class at Ward Elementary School in Henrico County, Va. The students pictured are TraQwan, Devon and Brenna. In the back row are Saferight, instructional assistant Louanne Ambrose and Principal David Burgess, a retired reservist.

Other than letters of the alphabet, Saferight's class sends Stell words they are working on, such as the words ant, airplanes, apples or alligators. "He said they are looking forward to seeing the airplane that will eventually come and take them home."

Students also learn about geography through the correspondence.

"We have a globe with a sticker on it for where we live and a sticker on the Middle East," Saferight said. "The children can see how far away he is."

She added that the relationship is mutually beneficial. "I hope it helps him realize we care. We are interested in what's going on and the details of his everyday life. We care about his safety. This has been a good experience and it keeps us connected even though there is a great distance between us."

Through e-mail, Stell communicated his delight in corresponding with the Ward students.

"I've had fun responding to their questions. As a matter of fact, there are four or five of my fellow chiefs who have found out about this correspondence and they've been able to offer me some help on my responses."

He wrote that the major benefit to him "is being able to take a moment to mentally stand back from the day-to-day grind of an austere living and working environment in order to try and see the things around me from the perspective of a child asking a question. We live in an enclosed camp and, due to stringent force protection issues, have few opportunities to go off-base and see anything other than the same tents, the same sand, the same cloudless sky and hot sun, the same gravel rocks, and on and on as far as you want to take it.

"I've actually found that my weekly opportunity to take an alphabet letter, match it up to something in the camp, and then try to explain that relationship to Ms. Saferight's class has become a type of mental recreation that benefits both me and my shipmates who help," said Stell.

Other than keeping up a correspondence, Ward students are helping Stell and his fellow shipmates in other ways. The school's Student Council Association collected coins and purchased telephone calling cards.

"Between our church, the church where I work and Ward Elementary, we sent 70 calling cards so everyone in Doug's command could call home for Christmas," said Stell's wife, Judy, from their home in Varina.

Also, the students made Christmas cookies to send to Stell and his unit.

Ed's note: MCPO Stell returned to the USA May 3, 2005!



Photo by PA3 Sabrina L. Arroyan, USCG

USCG Honors First African-American SPAR...

Dr. Olivia J. Hooker was honored with a Certificate of Appreciation following her speech during a Black History Month Observance program held on Coast Guard Island in Alameda, Calif. Feb. 24. She was the first African-American woman to enlist in the U.S. Coast Guard Women's Reserve (SPARs) in March 1945. Dr. Hooker, who also celebrated her 90th birthday at the event, lives in White Plains, N.Y.

Auxiliary Change of Command



Photo courtesy of PO Jessica Fuller, Office of Auxiliary, G-OCX

Gene M. Seibert, left, became the new Coast Guard Auxiliary National Commodore for FY05-06 at a change of command ceremony at HQ Nov. 1. On the right is E.W. "Bill" Edgerton, outgoing National Commodore for FY03-04, while ADM Thomas Collins, center, looks on. The Auxiliary boasts 35,000 members and is the volunteer component of the USCG. It was formed June 23, 1939.

An Afloat Reenlistment

LCDR Tom Martin, left, administers the reenlistment oath to PS3 William R. Guy, right, while PSC Brian Downey and PS1 Scott McLaughlin observe. The reservists were conducting their annual survival swim in Elliott Bay, Wash.



Photo by PA3 Adam T. Eggers, D13 Public Affairs

WWII Commemorative Tour Kicks Off in Tampa

TAMPA, Fla. — A six-city tour honoring the veterans of World War II kicked off here Feb. 19. Coinciding with the 60th anniversary of the invasion of Iwo Jima, it attracted more than 1,400 veterans and their families from such far-flung Florida towns as Vero Beach and Punta Gorda.

The Department of Defense's year-long commemoration honors the 13 million people who served the country during World War II. It's kickoff in Tampa was a nod to the vast number of veterans living in the state, said Col. Dan Wolfe, a Department of Defense spokesman.

The afternoon's events began with a lengthy and emotional ceremony followed by a celebration, which included toe tapping, vintage music played by the U.S. Navy Band, tours aboard the CGC Key Biscayne, and historians collecting remembrances from the veterans and exhibits. Booths were staffed by volunteers and LCDR Jack Dunphy of the World War II 60th Commemorative Committee.

If you looked deep into the hearts, minds and eyes of the nearly 1,500 veterans who had filed into the Tampa Convention Center on Harbour Island, you'd see a cache of memories tinged with pain.

Veterans from all five services sat listening to speeches at the commemoration, wearing their pins, medals and hats. At times, they rose to their feet, clapped and saluted the flag. At one point, they even flashed a "V" sign for victory.

"We changed the world," said retired U.S. Rep. Sam Gibbons, a member of the 101st Airborne division during World War II.

Younger heroes received credit as well.

"Remember the next generation of heroes," said Lt. Gen. Harry E. Soyster. "They are putting themselves in harm's way in far-off places." Soyster serves as executive director of the World War II 60th Commemoration Committee.

Chuck Kearn, 83, saw a group of Coast Guardsmen standing near their Boston Whaler, and felt compelled to shake their hands.

"Thank you," said Kearn, a former LST crewmember. "Thank you so much for all you do. It's so great to meet you all. It's like finding new friends."

Kearn beamed as he posed for photos next to crewmembers from Port Security Unit 307, recently back from a 10-month deployment in the Middle East. Then he turned reflective about the bloody battle on Iwo Jima.

Japanese forces had fortified Iwo Jima with an elaborate network of caves and miles of tunnels from which the flamethrowers came at unsuspecting Americans. It meant weeks of deadly assaults and thousands of casualties. America suffered more than 24,000 casualties: more than 17,000 injured; 6,821 killed.

Kearn, like many of the veterans who attended the celebration, know all too well the battle's success was pivotal in World War II. The volcanic island's 8-square-miles of pork chop-shaped ash was vitally important for its strategic location midway between Japan and American bomber bases in the Mariana Islands.

Some 60 years later, Kearns said Iwo Jima was a tough place for

young American servicemen unused to maneuvering vehicles and digging foxholes in the soft soil. He was a 23-year-old when he arrived on Iwo Jima as a crewmember of Coast Guard LST 764. Even the passage of time hasn't made some of the memories easier to articulate.

"It's real hard to talk about," he said, his eyes welling up with tears. "I was thankful to be alive....," said the Andover, Mass. native, now residing in Largo, Fla., with his wife of 59 years. "We had 31 beachings in 82 days. It was tough."

"I remember the flamethrowers just coming at us...." he said, the anguish in his voice painfully palpable.

His wife Ruth said Kearn used to have nightmares when he returned home after the war.

"It was terrible," he said, clutching black and white photographs of D-Day taken by a shipmate. At the ceremony, he noted only eight Coasties stood up



Photo courtesy CAPT Larry Berman, USCG Auxiliary

Members of PSU 307 pause with Chuck Kearn and his wife in Tampa Feb. 19. Kearn was a USCG WW II veteran who served a stint aboard an LST at Iwo Jima.

when the different services were called.

"That was sad," said Kearns. "It was ironic, I had joined the Coast Guard to stay close to home and ended up in the Pacific."

Looking around the riverwalk adjacent to the Tampa Convention Center, Kearns was surrounded by fellow veterans from all services. They came on foot and in wheelchairs and motorized scooters wearing ball caps and polo shirts celebrating the men, aircraft carriers and destroyers that helped America win the war.

Like Kearn, they all got teary-eyed when they spoke of fallen buddies, but said they were grateful for the six-city tour honoring the greatest generation.

The payoff, said Dunphy, was the smiles he saw on the faces of the veterans.

"As I stood in the Convention Center watching veterans enter, and seeing them enjoy themselves while everything came together after months of planning. I was filled with an awesome sense of pride," said Dunphy.

And when an Andrews Sister prototype trio got up and sang "Boogie Woogie Bugle Boy," more than a few couples got up and danced.

"I'm dancin' my heart out," said Lucy Van Nuys, 85, who lost a younger brother on Iwo Jima. "This is serious stuff and we have to lighten up a bit."

— By PA2 Judy Silverstein, USCGR

Ed's note: Throughout 2005, the World War II 60th Commemoration Committee will be running events nationwide to commemorate the 60th anniversary of the final year of the war (1945). Domestic events have already been held in Tampa, San Antonio, Washington, D.C., and San Diego with others set for Boston (June 18), Chicago (July 23), Vancouver, Wash. (Aug. 25-28), Honolulu (Aug. 27-28), Oahu, Hawaii (Sept. 2-3), and Washington, D.C. (Sept. 2). To view events, check the Web site: www.60wwii.mil and/or contact LCDR Jack Dunphy, DoD WWII Commemoration Committee, RPN, Suite 5413, 1777 N. Kent St., Arlington, VA 22209, 703-588-8598; jack.dunphy@hqda.army.mil



Photo by Mr. Scott Prince



REBI Class 05/05

Reserve Enlisted Basic Indoctrination Class Romeo 05/05 graduated Feb. 18, 2005, and is shown aboard CGC Ibis at Training Center Cape May, N.J. Kneeling left to right: SK3 Jeffery Craft, PS3 Michael Johnson, BM3 Michael Demopoulos, PS3 Todd Davis, PS3 Christopher Purdy, BM3 Ronald Atherton. Standing, l to r: PS3 Tambera Woerdeman, PS3 Anthony Crisp, BM3 Nicholas Feliciano JR, PS3 Sergio Maldonado, PS3 Anthony Jackson, PS2 William Kernels, PS3 David McIntosh, YN3 Jon Kuykendall, Guidon IT3 Christian Hernandez. Company commanders are MKCS Wayne Self, YN2 Angel Nazario, YN2 Adam Larson, OS1 Christopher Jones.

REBI Class 06/05

Reserve Enlisted Basic Indoctrination Class Romeo 06/05 graduated March 25, 2005 at Training Center Cape May, N.J. Front row, kneeling left to right: YN3 Kelly Pool, PS3 Scott Doherty, YN3 William Holcomb, DC3 Carl Meyer, PS3 Raymond Abreu, BM3 Alexander Aiken, FS3 Robert Peryea III. Back row, l to r: PS3 Stephen McPhail, SN Kristn Izykowski, SK3 Scott Leaper, PS2 Michael Mangelo, MK3 Daniel De Lap, YN1 Michael Franson (CC), MKCS Wayne Self (CC), ET1 Kurt Emrich (CC), IT2 Eric Burkett, SN James Reeves, PS3 Jamie Anderson, PS3 Javier Hinojosa, PS2 Steven Rosmaryn.



Photo by Mr. Scott Prince

First Boarding Officer Grads at New Site

Both active duty members and reservists were part of the first "plankowner" Boarding Officer Class 01-05 that graduated from the Maritime Law Enforcement Academy in Charleston, S.C. Dec. 3 after relocating from Yorktown. Front row sitting/kneeling: LTJG James Pafford, PO Aries Knoll, PO Brady Osborne, PO David Cantu, PO Sean Purcell, LT Heather Hanning, LTJG Theresa Brooks, LTJG Thomas Przybyla. Second row: PO Riley Champagne, LT Nelson Rivera, PO Garrett Vanalstyne, LT (Guyana Coast Guard), PO Kevin Knick, CPO Stephan Krzeszowski. Standing: LT Paul Rooney (Class Leader), PO Daniel Frederick, LT Bryson Spangler, LTJG Rich Sansone, PO Todd Hampton, CPO Brian Thompson, CPO Kenneth Atkins (MAA), PO Jared Wike, LTJG Reyna Hernandez, PO Jonathan Macheca, PO Jeffrey Austin, LTJG Jennifer Frye Standing behind sign: PO Derek Shay, LTJG Kenneth Jones, LTJG Jesse Diaz, PO Ismael Montiel, LTJG James Heller, LTJG Ricky Brooks, PO John Ellson, PO David McConky.



Photo courtesy LT Paul J. Rooney Jr. D1 ale

LT Ruben Moya MSO Corpus Christi Texas

This issue, we salute LT Ruben Moya, recently honored as the 2005 Young Alumni Award recipient by his alma mater, Texas A&M University — Corpus Christi. This award honors graduates who have enjoyed exceptional personal and professional success early in their careers. Moya, who graduated in 1998 with a bachelor's degree in geology, was honored at the university's Alumni and Parents Awards Brunch Feb. 5.

As a civilian, Moya works as a geologist, environmental engineer and project manager for the U.S. Environmental Protection Agency. Moya has been awarded the agency's "S" Award twice for superior achievement in helping clean up 10 hazardous waste sites under the EPA's Superfund Program, which was created to eliminate health and environmental threats. The sites ranged in size from two acres to almost 6,000 acres with clean-up costs ranging from \$2 million to \$100 million.

Moya has served nearly 14 years in the Coast Guard and Reserve, and has been recalled twice since 9/11. Immediately following the terrorist attacks, he was assigned to D8's Incident Management Team (Situation Section Team). He was later reassigned to MSO Corpus Christi where he led security forces there in conducting patrols of the areas vital refinery infrastructure and conducting vessel boardings. He was awarded a CG Achievement Medal at the end of that recall. In January 2003, he was recalled for approximately 25 months and served as the Tactical Operations Center Military Outload (MOL) Liaison/Senior Command Duty officer,



overseeing the movement of personnel, vessels and equipment bound for Iraq. He also served as a marine inspector and investigator. His efforts earned him an Army Commendation Medal and his second Coast Guard Achievement Medal.

Whether it's as a civilian or member of the military, Moya is dedicated to the concept that a college education should be available to everyone. A regular contributor to his university's alumni association, he travels around Texas lecturing to students on the importance of higher education. He practices what he preaches, too! In

addition to the degree he earned at Texas A&M — Corpus Christi, he also previously earned a Bachelor of Arts in sociology through the university's Kingsville campus. Some time next year, he will complete a third bachelor's from Kennedy-Western University in environmental engineering.

In his hometown of Alamo, Texas, Moya's participation in volunteer programs has been recognized by his church and local school board. Last Christmas season, he led a drive to assemble "care" packages for military personnel serving in Iraq, and his other volunteer efforts include work with Partners in Education, Meals on Wheels, and the Texas Adopt a Beach program.

Bravo Zulu to LT Moya!

— Submitted by Evon English,
Director of Alumni Relations,
Texas A&M University —
Corpus Christi



Ruben Moya, left, receives the 2005 Young Alumni Award from Kendra Kinnison, Immediate Past President of Texas A&M — Corpus Christi's National Alumni Association.

Photo courtesy Evon English, Texas A & M University — Corpus Christi

Selected Reserve Bonus Matrix

(Effective 22 Feb 2005)

Initial Enlistments (RP, RK, RX):

Personnel must fill a VACANT RPAL position
Half paid upon completion of IADT and half paid 1 yr later

Six-year SELRES enlistment:

Rate	PSU or NCW	Any Other Unit
BM	\$6000	\$4000
MK	\$6000	\$4000
MST	\$6000	\$4000
OS	\$6000	\$4000
Any other rate	\$4000	\$0

Prior-service Enlistments (RQ):

(Greater than 8 but less than 16 yrs service)

Personnel must fill a VACANT RPAL position
Half paid upon completion of IADT and half paid 1 yr later
If no IADT required – 1st half paid upon completion of 1st drill

Six-year SELRES enlistment:

Rate	PSU or NCW	Any Other Unit
BM	\$10,000	\$6,000
MK	\$10,000	\$6,000
MST	\$10,000	\$6,000
OS	\$10,000	\$6,000
Any other rate	\$6,000	\$0

Three-year SELRES enlistment:

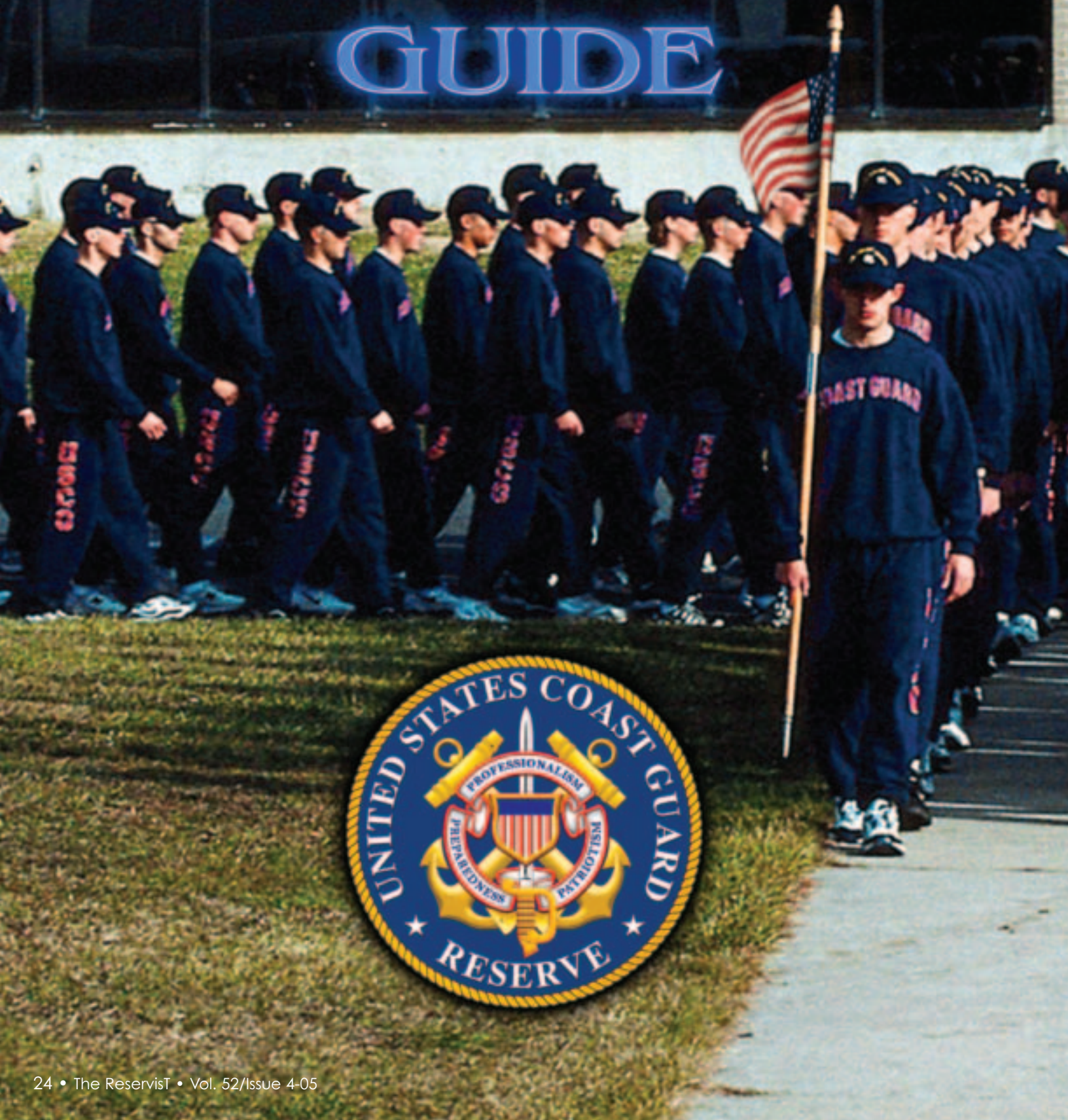
Rate	PSU or NCW	Any Other Unit
BM	\$5,000	\$3,000
MK	\$5,000	\$3,000
MST	\$5,000	\$3,000
OS	\$5,000	\$3,000
Any other rate	\$3,000	\$0

Prior-service Enlistments (RJ or RN):

Rate	Affiliation Bonus - Any Unit
RELAD - Any rate	\$50 per month of remaining military service obligation (MSO) if member has no obligation to drill. Member must be E-4 or above (or E-3 with designator). (48 Month Max; if <24 months, payment is made in 1 lump sum; if >24 months, half payment upon affiliation, half on 6th anniversary)

For more info, see ALCOAST 093/05 or contact LT Tom Gwilliam, 202-267-0625, tgwilliam@comdt.uscg.mil

CAREER DEVELOPMENT GUIDE



Welcome to the Second Issue on "Career Development."

Whether you're officer or enlisted, active or reserve, junior or senior, male or female, you can benefit from the following section.



These pages have been organized into three main sections.

First are those articles of general interest to both officers and enlisted (Career Tools, Career Development Advisors, etc.)

Next are those geared toward officers (OERs),

Followed by information for enlisted members (Reserve Service Wide Exam, Enlisted Rating Managers, Enlisted Performance Education).

Use these articles to brainstorm and plan, and as a reference guide in the future. We hope it helps you continue to be "Semper Paratus" in the future.

IRR Members: Update Your ASQ

By PO Jessica Curry, CGPC-rpm2

"I've just received my Annual Screening Questionnaire (ASQ) in the mail. What exactly does this form mean?"

That is the question that I frequently hear while responding to an Individual Ready Reserve (IRR) member about their ASQ. A lot of reservists get confused, even concerned when they get this questionnaire in the mail. Many IRR members interpret the ASQ as an indication that they are being recalled to active duty.

That is not the case!

The ASQ is used for two main reasons: to update the member's contact information, and to find out if a member is "mobilization ready" in the event that they are recalled.

Like Selected Reservists, members of the IRR are required by law to update their address and contact information on an annual basis. Each October, the Reserve Personnel Management Division of the Coast Guard Personnel Command (CGPC-rpm) mails ASQ forms to all IRR members. Individuals are given 45 days to reply and return the ASQ by mail, fax, or e-mail. It is the IRR member's responsibility to make sure the information is correct and relayed to CGCP-rpm. Failure of an IRR member to complete and return the ASQ constitutes 'shirking,' and potentially subjects the IRR member to negative administrative personnel action. See *Reserve Policy Manual*, COMDTINST M1001.28A, art. 4.A.6. for IRR participation standards.

Another point of confusion is the definition of a "key federal employee." Many IRR members respond to their ASQ stating they are key federal employees, when they are not. Key federal employees are defined as federal employees occupying key positions that shall not be vacated during a national emergency or

mobilization without seriously impairing the capability of the parent federal agency or office to function effectively (RPM art. 5.B.6.a.). Key employees, when properly designated by their agency, are required to transfer to the Standby Reserve (RPM 5.B.3.a.).

Examples of reservists determined to be key federal employees are:

- The Vice President
- Any official specified in the order of presidential succession
- Members of Congress

- Head of a federal agency
- Federal judges as described in Article III of the Constitution.

Other jobs may justify an employee's designation as "key," but the employer must request the designation. A member is not a key employee just because they believe – correctly or incorrectly – they are. So the next time you receive your ASQ in the mail, don't be alarmed. It's just an annual requirement by the government while you are in reserve status in the Coast Guard.



Montgomery GI Bill: Selected Reserve

By YN2 Andy Stafford, Mr. Curtis Jones, and YN3 Brent Karaba CGPC-rpm

The Montgomery GI Bill – Selected Reserve (MGIB-SR) is an educational assistance program enacted by Congress to attract high quality men and women into the Reserve components of the Armed Forces. To be eligible for MGIB-SR benefits you must:

1) Enlist, re-enlist, or extend a current enlistment, obligating yourself to serve in the SELRES for a total of six (6) years from the date of enlistment, reenlistment, or extension. Officers must agree to serve in the SELRES for six (6) years in addition to their current obligation.

2) Complete the Initial Active Duty for Training (IADT) (i.e., REBI, Boot Camp) requirements for your particular recruiting program. For example, RK and RP recruits must complete Boot Camp AND Class “A” School in order to be eligible.

3) Participate satisfactorily in the SELRES.

4) Have obtained a high school diploma or equivalency certificate before completing IADT. Completion of 12 units of college may be substituted for the high school diploma.

The day that you meet all of the eligibility requirements is your Date of Basic Eligibility and is the date that you must use when completing the Notice of Basic Eligibility (DD Form 2384-1) and the Coast Guard Statement of Understanding (CG-5482). Eligibility lasts 14 years from the Date of Basic Eligibility as long as you continue to participate satisfactorily in the Selected Reserve. Benefits are normally terminated if you separate from the Selected Reserve or transfer to the Inactive Ready Reserve (IRR),

but, in a limited number of cases (e.g., disability), you may remain eligible for benefits after removal from a pay status.

Coast Guard policy related to this program is contained in COMDTINST 1001.30E (www.uscg.mil/ccs/cit/cim/directives/CI/CI_1001_30E.pdf). You will also find information on the Department of Veterans Affairs Educational Benefits Web site at www.gibill.va.gov.

There are many differences between MGIB-SR and the Active Duty MGIB Program. Among the differences are the fact the MGIB-SR program does not require any out-of-pocket expense to receive benefits, and the significant difference in the amount of money received monthly.

For example, MGIB-SR will only pay \$282 per month for qualifying full-time training, whereas the Active Duty version will pay up to \$985 per month. To view other differences between Selected Reserve and Active Duty MGIB benefits, visit <http://www.gibill.va.gov/education/TADODFlyer.htm>.

You may be eligible for more than one benefit, but you cannot receive payment for more than one

benefit at a time. “Kickers” – additional monies sometimes authorized for individuals with special skills or assigned to specific units – are not authorized at this time.

The rates for approved programs for college, vocational and/or technical schools are based on the amount of time you are spending in your studies (i.e. Full-Time, Three Quarter Time, etc.) and are distributed monthly. For correspondence courses, you will receive 55 percent of the approved charges for the course. For flight training, you receive 60 percent of the approved charges for the course. The basic monthly rates increase with the Consumer Price Index and are effective each year on Oct. 1st. Find current rates at www.gibill.va.gov.

Check with your school to be sure that the VA has approved the program in which you are enrolling for payment, and then complete the application package requirements listed on the VA Web site. If you use MGIB-SR and are not eligible, or if you lose your eligibility prior to completing your six-year obligation, the federal government may recoup all payments made to you.

MONTHLY RATES FOR PERSONS TRAINING UNDER THE MONTGOMERY GI BILL – SELECTED RESERVE EFFECTIVE 1 OCTOBER 2004				
TYPE OF TRAINING	FULL TIME	THREE- QUARTER TIME	HALF TIME	LESS THAN HALF TIME
INSTITUTIONAL	\$288.00	\$216.00	\$143.00	\$71.75
COOPERATIVE	\$288.00 (Full Time Only)			
CORRESPONDENCE	Paid at 55% of the approved charges for the course. Entitlement Charged At the Rate of One Month for Each \$288.00 Paid			
APPRENTICESHIP ON THE JOB TRAINING (OJT)	First 6 Months Second 6 Months Remainder of Program		\$216.00 \$158.40 \$100.80	
FLIGHT	Paid at 60% of the approved charges fro the course. Entitlement Charged At The Rate Of One Month For Each \$288.00 Paid			

Retiring Soon?

A Reservist's Guide To Retirement

By YN3 Daniel Ball

One of the many benefits of serving in the Coast Guard Reserve is the opportunity to qualify for a Reserve retirement. It's easy to assume there is someone behind the scenes who will make sure that your retirement will go through smoothly. However, that isn't always the case. The only person that's going to make your retirement a smooth process is you. And you need to be armed with the necessary information to take charge of your retirement, just as you took charge of your career. With that in mind, here are some important facts about your Reserve Retirement that will make those retirement worries go away.

The primary requirement to qualify for a Reserve retirement is that a member complete 20 years of qualifying service. (One qualifying year of service is credited for each anniversary year in which the member earned at least 50 points). Second, the member completed the last six years of service in a Reserve Component.*

The Retired Reserve consists of reservists who have met satisfactory service requirements for non-regular retirement, or reservists who have been retired for physical disability. There are two retired statuses: RET-1, retired and receiving pay after age 60, and RET-2, retired, waiting to receive pay at age 60.

Reservists may request retirement as soon as they receive their letter of satisfactory completion of 20 years service — commonly referred to as the "20-year letter." Members who complete a minimum of 20 years of qualifying service become eligible for retired pay when they reach age 60. Although you may be eligible, you must submit an application to CGPC-rpm prior to receiving pay. The Reserve Retirement Transfer Request worksheet, CG-PSC2055A, is available online via



the Internet at <http://www.uscg.mil/hq/psc/forms/psc2055a.pdf>. You may either fax this form to 202-493-1776 attn: RPM-2, or E-mail it to persru9880@ballston.uscg.mil. It can also be mailed to:
Commander (CGPC-rpm)
USCG Personnel Command
4200 Wilson Blvd., Suite 1100
Arlington, VA 22203-1804

Don't fall into the trap of thinking your retirement will be taken care of without any action on your part. Become proactive and make sure you follow the necessary steps to ensure a smooth transition into retirement.

** Section 501 of the Ronald Reagan National Defense Authorization Act (NDAA) of FY-2005 (P.L. 108-375), amends among other things, 10 U.S.C. 12731, by repealing the six-year requirement. The revision permits reservists who accumulate 20 satisfactory years of federal service on or after May 1, 2005 to request transfer to the Retired Reserve regardless of intervening periods of service in a Regular component anytime during the preceding six years. See The Reservist "Retirement Issue," 03-05, page 23, for more info.*

Career Development Advisors

Career Development Advisors (CDAs) provide unit training and counsel individuals on career development and career information. The Coast Guard has 21 CDAs (including three Reserve CDAs) located at Integrated Support Commands (ISCs), the Headquarters Support Command (HSC), and TRACEN Cape May. CDAs work with all Coast Guard personnel at units within each ISC's area of responsibility.

A CDA's responsibilities include:

- Counseling military members on career options such as advancement, the transition from enlisted to officer status, or joining the Reserve
- Assisting people with information on leadership and professional development programs
- Advising people about their education benefits
- Providing unit training presentations on a variety of career development topics

Here is a listing of Coast Guard CDAs (as of April 2005; some names will change during summer transfer season, but phone numbers will remain the same).

Atlantic Area

HQ Support Command

CPO Al Succi
ASucci@comdt.uscg.mil
202-267-0302

ISC Boston

SCPO John Sullivan
JSullivan@ISCBoston.uscg.mil
617-223-3471

CPO Timothy Larrabee
TLarrabee@ISCBoston.uscg.mil
617-223-3486

ISC Cleveland

CPO Maureen Kidd
MKidd@iscleveland.uscg.mil
216-902-6363

ISC Miami

CPO Victor Berrios
VBerrios@iscmiami.uscg.mil
305-535-7672

CPO Andy Gonzalez
AGonzalez@iscmiami.uscg.mil
305-535-7670

ISC New Orleans

SCPO Zeffery Mims
ZMims@iscnola.uscg.mil
504-942-4057

SCPO Adam Knowles
AKnowles@grugalveston.uscg.mil
409-766-4769
(detached duty at Group Galveston)

ISC Portsmouth

SCPO Kenneth Curry
KCurry@iscports.uscg.mil
757-638-2700

CPO Bruce Barnes
BBarnes@iscports.uscg.mil
757-638-2701

ISC St. Louis

SCPO Steven Smith
SSmith@cgstl.uscg.mil
314-539-3900 x290

TRACEN Cape May

CPO Staci Wooten
SWooten@tracencapemay.uscg.mil
609-898-6280

Pacific Area

ISC Alameda

CPO Brian Westerman
BWesterman@d11.uscg.mil
510-437-3947

SCPO Tom Spivey (D11 North Reserve CDA)
tspivey@d11.uscg.mil
510-437-3947

ISC Honolulu

CPO Paul See
PSee@D14.uscg.mil
808-541-1508

ISC Kodiak

SCPO Jon Moan
JMoan2@CGAlaska.uscg.mil
907-487-5341

ISC San Pedro

SCPO Jonathan Delorenzo
JDelorenzo@d11.uscg.mil
310-732-7582

SCPO Marc Casado (D11 South Reserve CDA)
mcasado@d11.uscg.mil
310-732-7467

ISC Seattle

SCPO Gary Bennett
GBennett@pacnorwest.uscg.mil
206-217-6616

CPO Jason Schmidt
JSchmidt@pacnorwest.uscg.mil
206-217-6617

SCPO Brion Newman (Reserve CDA)
bnewman@pacnorwest.uscg.mil
206-217-6328

Career Development Tools You Can Use

By Lynne Donahue and Robin Fischer,
Coast Guard Headquarters (CG-133)

The Coast Guard offers an array of tools and programs to help you with your career and professional development. These include:

Career Central

www.uscg.mil/leadership/

(Click on "Career Central")

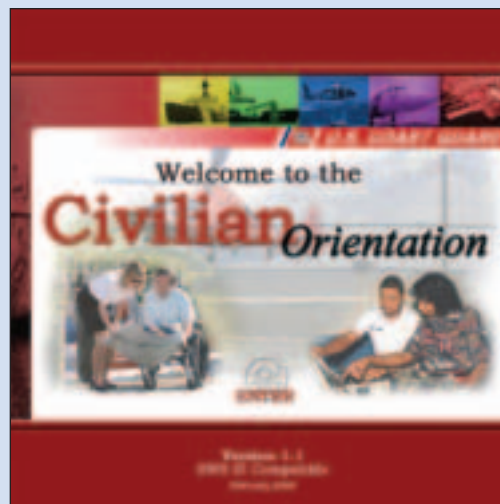
The Career Central Web site is a good place to start for career development information and resources.

Some of the topics you will find at the site are:

- Professional Development
- Training
- Education
- Financial Aid
- Leadership Information
- Resources
- Organizations and Associations
- Evaluation Systems

An additional resource is CG Central, the new Coast Guard web. Go to <http://cgcentral.uscg.mil> (intranet only) and review training options on the "Training" tab. (You may need to adjust your view of available tabs to include the Training tab in your personalized default settings. For assistance from customer support, call 1-877-872-4797).

acclimation process for a new employee because it provides them with an opportunity to network and learn important aspects of our organization. Furthermore, it exposes them to the operational assets they support, helps them better adapt to their new environment, and helps them learn our culture and how to operate effectively within it. All new hires will be given a copy of the Civilian Orientation training CD-ROM by their Command Staff Advisor or Human Resource Specialist as part of their in-processing.



Civilian Orientation CDROM

The new Coast Guard Civilian Orientation training CD-ROM exposes new civilian hires to our organization's history, organizational structure, roles and missions, business processes, customs and culture. As a military organization, the Coast Guard is a unique federal agency. New civilian employees need to learn other basic knowledge in order to work effectively (e.g., how to recognize and address military personnel). An orientation is an important part of the

Individual Development Plan

www.uscg.mil/leadership

(Click on "Individual Development Plan")

An Individual Development Plan (IDP) is a performance improvement tool that assists people in reaching their career goals. On this site, you will find guidance on how to effectively use an IDP, a step-by-step process for completing an IDP, and learning activities to reach developmental goals.



Mentoring Program

www.uscg.mil/leadership/

(Click on "Mentoring")

The Coast Guard Mentoring Program is changing. The five-day training course that was open to about 120 people a year has been changed to a road show format. The road show is open to all of Team Coast Guard, including reservists, auxiliarists, and civilians. The Office of Leadership and Professional Development (G-WTL) is soliciting units interested in hosting the Leadership, Mentoring, and Professional Development course June through September 2005. The course is already scheduled to be offered at Cape May from Aug. 8-12.

Individuals interested in attending one of the already scheduled sessions, and within local commuting distance, need only obtain command approval to attend. The Leadership, Mentoring, and Professional Development course is intended to provide leadership with significant knowledge-based leadership training, resulting in an initial strategy and plan to employ this program at your unit. A five-part program, each part consists of a series of training and facilitated planning modules. Individuals are free to attend one or all of the modules based upon the needs of the unit.

Additional information concerning hosting or attending the Leadership, Mentoring, and Professional Development course can be obtained from Dr. Michael Doyle, Office of Leadership and Professional Development at mdoyle@comdt.uscg.mil or from CWO2 Kenneth King at kking@cga.uscg.mil.

Currently, we do not have a database of volunteer mentors and protégés. As the Coast Guard switches over to a new Intranet portal (CG Central), a new mentoring database will be developed. However, the above Web site contains information and guidance to help you find a mentor and be a mentor.



The Leadership News

www.uscg.mil/leadership/

(Click on "Newsletter")

This quarterly newsletter contains articles, essays, and best practices on leadership and diversity in the Coast Guard. An additional location is on CG Central (<http://cgcentral.uscg.mil>). Go to the "Our CG" tab, then select "Magazines and Newsletters," then select "Newsletters," then "Leadership News."



SkillSoft Online IT Training

(<http://cgweb.tcyorktown.uscg.mil/sfweb/>)

The Coast Guard has partnered with SkillSoft, the world's largest e-learning company, to provide access to an online learning community that offers a variety of top-class, integrated e-learning activities. Anyone with a CG Standard Workstation global e-mail address is eligible for free on-line IT courses from SkillSoft. Registration can only be done from a CG Standard Workstation via the CGWEB. This includes reservists, auxiliarists, and civilians.



The Unit Leadership Development Program is Underway, Making Way!

By CDR William Kelly, OCS School Chief, Coast Guard Academy

The Enlisted Professional Military Education (E-PME) site now has a new partner on the Coast Guard's Learning Network Portal. The Unit Leadership Development Program (ULDP) can now be found on line at <http://learning.uscg.mil/uldp>. The ULDP is the 21st century version of the Unit Leadership Program, and is a comprehensive leadership toolbox designed to support and enhance a unit's efforts to develop the men and women of today's Coast Guard into the leaders of tomorrow.

The ULDP came to life under the guidance of the Leadership Development Center (LDC) in New London, Conn., and the Web site was constructed by the Coast Guard's Performance Technology Center in Yorktown, Va. The ULDP is designed to provide commanders of units from four to 400 members with a system to develop, design, and tailor a leadership development program for their people — on their terms.

The ULDP contains five key components:

1. An easy-to-use home page with assorted links and resources,
2. A Unit Assessment containing 36 questions linked directly to the Coast Guard's Leadership Competencies,
3. An immediate Unit Assessment Results page available through a unit-specific "Dashboard" page,
4. A list of over 150 resources linked directly to each competency and designed to support the development of individuals in each of the leadership competencies, and
5. A ULDP coach who is in place to provide "live" support, guidance, and coaching as your unit works through the ULDP — high touch to accompany the high tech!

The Commandant stated in ALCOAST 057/05 that the ULDP will be mandatory for all units by July 2005. Leadership development is not a one-time event on the mess deck for 30 minutes every month, an annual off-site by the senior staff, or a welcome aboard program that troops the new recruit around the unit.

Leadership development programs are on-going processes that include a robust and healthy implementation of Individual Development Plans. Leadership development programs should include the use of the ULDP Assessment to gauge a unit's leadership readiness, and the review of the results with command cadre to develop an on-going action plan to embed leadership development throughout the unit. Leadership development programs may include the utilization of the training and non-training resources provided in the ULDP and resources the unit develops and identifies through their own research.

There are no time or frequency requirements placed on the mandatory implementation of the ULDP, but we must constantly assess how our people are developing. Their leadership development is just as important as their job development.

The ULDP received its first unsolicited endorsement from a Master Chief OIC in the field, who has chosen to make the ULDP part of his leadership development program. He said, "The ULDP is great! I have been a fan of the Unit Leadership Program for a while, and used it at several different commands, but this program takes it to the next level. It allows you to tailor the training to your unit, and gives the instructor several different options on which resources to use. We incorporated this as part of our weekly all hands training days, and so far, the crew has enjoyed participating!" The ULDP provides units with a place to start, but the good leaders throughout the Coast Guard must continue to "show the way" and invest the time up front in our people. As Coast Guard Chief of Staff VADM Thad Allen stated during a ULDP presentation, "investing in a Leadership Development Program at the unit is a matter of paying it forward. We'll invest time up front and reap the rewards in the future."

The ULDP is managed by the Leadership Development Center. If you have resources to contribute, questions to ask, or if you would like to get involved as a coach, please visit the Web site <http://learning.uscg.mil/uldp>. Get in touch with the point of contact at the LDC to see how you can contribute to this initiative!



Special Contributors

Reserve Enlisted Management Branch (CGPC-rpm-2)



Thanks to Coast Guard Personnel Command, Reserve Enlisted Management Branch (CGPC-rpm-2) for being major contributors to this Career Development issue. Front row, left to right: YN2 Andy Stafford, YN3 Michael Palmer, YN3 Jessica Curry, YN3 Dan Ball, YNCS Richard Sharp (Asst. Branch Chief). Back row, l to r: Mr. Curtis Jones, YN1 Darryl Mason, CWO2 Jeff Storey (Branch Chief), YN3 Shay Spivey, YN3 Brent Karaba.

Office of Leadership (CG-133)



Thanks to the Office of Leadership at CGHQ (CG-133, formerly G-WTL) for also being major contributors to this Career Development issue, shown here in this photo montage. Front row, left to right: CAPT Tom Criman, LT Greg Thomas, LT Lynda Hester, Dr. Mike Doyle, and Robin Fischer. Back row, l to r: Frank Hester, Cindy Niemiera, MCPO Diane LaCumsky, Cora McVey, CWO2 Teresa Marshall, Lynne Donahue, and CWO2 Jamie Rambo. Not shown: Clementine Barnes & James M. Brown. Writers included Lynne Donahue and Robin Fischer.

Significant Progress in OER Reporting

By CDR Philip A. Nowak, USCGR

Chief, Personnel Management Division, Coast Guard Personnel Command

Thanks to aggressive work by operational commanders, senior Coast Guard leadership, and Reported-On Officers (ROOs), the Coast Guard has turned a corner on Officer Evaluation Report (OER) reporting for Reserve officers on the Inactive Duty Promotion List (IDPL).

The April 2004 edition of *The Reservist* painted a gloomy picture of Reserve OERs. Roughly 30 percent of all IDPL officers who competed for promotion in calendar year 2003 entered their boards missing a current year OER — in one board alone, 32 out of 91 officers were missing their last required OER.

In 2004, the Service drove that number down to four current year OERs missing for all 404 in-zone officers considered for promotion — a significant improvement!

In the meantime, the Reserve Personnel Management Division (CGPC-rpm) conducted a complete review of all OER records for all 1,200 officers currently serving on the IDPL. Efforts supported by the Senior Reserve Officer network and concerned rating chains are now addressing gaps for OER periods before 2004.

While the Service continues to make steady progress on Reserve officer evaluations, OER tips

published last April still hold true today and bear repeating.

Understand PERSMAN Policy as it Relates to Your Officer Career.

Effective OERs rely on three fundamental conditions.

- First, the unit CO has an absolute responsibility to ensure accurate, fair, objective, and timely evaluations. The rating chain is the CO's primary tool for managing the evaluation process.
- Second, by policy, the Reported-On-Officer (ROO) occupies the very first link in the rating chain (PERSMAN 10.A.2.a.).
- Third, all of PERSMAN Sec. 10.A. describes the rules of engagement for the entire rating chain — rules that protect you, the process, and the Coast Guard.

OERs Fuel Decisions That Drive Your Career

As we all know, OERs are a significant source of information for promotion boards. But that doesn't really tell the full story.

Build into the time you reserve for professional reading to include these sections in the Personnel Manual — both for your sake and for the sake of your juniors.

- Section 10.A. lays out the entire Officer Evaluation System, from roles and responsibilities, to completing the form itself.
 - Section 5.A. describes policies that guide promotions and officer corps management in general.
 - Section 14.A. prescribes procedures that govern each selection board.
- Also include Reserve Policy Manual, section 7.A. to understand rules that apply only to the IDPL.

Make the Supervisor-Subordinate Relationship Work

The two people who care most about your performance are you and your



Officer Evaluations Schedule

Officer OERs: see art. 10.A.3.a.1. / Fig. 10.A.1. of the PERSMAN:

Grade	ADPL	IDPL
Captain	April	April (Annual)
Commander	March	March (Biennial)
Lieutenant Commander	April	April (Biennial)
Lieutenant	May	May (Biennial)
Lieutenant (Junior Grade)	January and July (In zone/above zone promotion board eligible candidates due 30 June)	July (Annual)
Ensign	March and September	March (Annual)
Chief Warrant Officer (W4)	April	April (Biennial)
Chief Warrant Officer (W3)	July	July (Biennial)
Chief Warrant Officer (W2)	June	June (Biennial)

boss. Get a clear understanding of your Supervisor's performance expectations, then do your best to live up to them.

If you are a senior in the rating chain, provide feedback throughout the period and do your best to actually sit down with the officer throughout the period. Also note this: per ALCOAST 240/05, rating chains are encouraged to review the OER with the officer before submitting it for review by OER administrators. Communication within the rating chain will prevent surprise, hard feelings, and re-work after the period ends.

OERs Are Not Wine: They Do Not Improve with Age – Get It Done!

Many agree that OERs can be difficult to write, that they are as much art (substantive comments, well justified marks, no white space) as they are science. Bear in mind that a little extra time at the end of a period will make an OER accurately portray an officer's leadership and potential to serve at a higher rank. A lot of extra time, however, may

really indicate procrastination. It is better to complete an OER when the performance period is still relatively fresh in the writer's mind.

Be Persistent

Commands are required to prepare and submit a complete OER if the officer is unavailable, unable, or unwilling to provide OER input as prescribed by the Supervisor.

You as a Reported-On Officer should be patient with seniors in the rating chain — but only up to a point. Yes, seniors in the chain are busy, but you should receive a complete, validated OER from CGPC-rpm no later than 90 days after the end of a reporting period. If you do not, then let us know in (rpm) so that we can act on your behalf.

If You Have Questions, ASK!

For OER policy questions, work through your chain of command and OER Administrator — for a list of administrators, see PERSMAN 10.A.2.h. You can also contact the Reserve OES Manager at 202-493-1703, or by e-mail with a subject line "RESERVE Issue" to OER@ballston.uscg.mil.

Reserve Service Wide Exam: How the Process Works

By YN2 Andy Stafford and Mr. Curtis Jones, CGPC-rpm

The objectives of the enlisted advancement system are to ensure the required degree of proficiency at various grade levels within each specialty, and then to advance those best qualified to fill vacancies that occur. Developed by subject matter specialists at Coast Guard training centers, the Reserve Service Wide Examination (RSWE) is the primary means to evaluate a reservist's aptitude and knowledge. The RSWE for E-5 through E-7 is administered once per year and is usually held on the third Saturday in October.

Before a reservist can compete in the examination, a member must first meet the eligibility criteria and be in compliance with the requirements set forth in the Coast Guard Personnel Manual (PERSMAN). The first requirement is to have all the End of Course Tests (EOCT) and Performance Qualifications (EPQs) completed, and to have Enlisted Evaluation Reviews entered into Direct Access approximately three months prior to the examination date (normally June 30 each year).

Even if a member meets eligibility requirements, the member's commanding officer must recommend — or not recommend — the member for advancement on the most recent enlisted evaluation.

Approximately two months prior to the examination date, Personnel Data Extracts (PDEs) will be sent to the unit and the member. The PDE indicates the member's qualification for RSWE participation. Members should review their PDEs for accuracy and submit corrections to their unit "admin" one month before the RSWE date. The exact date of the RSWE and corresponding deadlines will be announced via an ALCGPERSCOM message.

There are special requirements for members

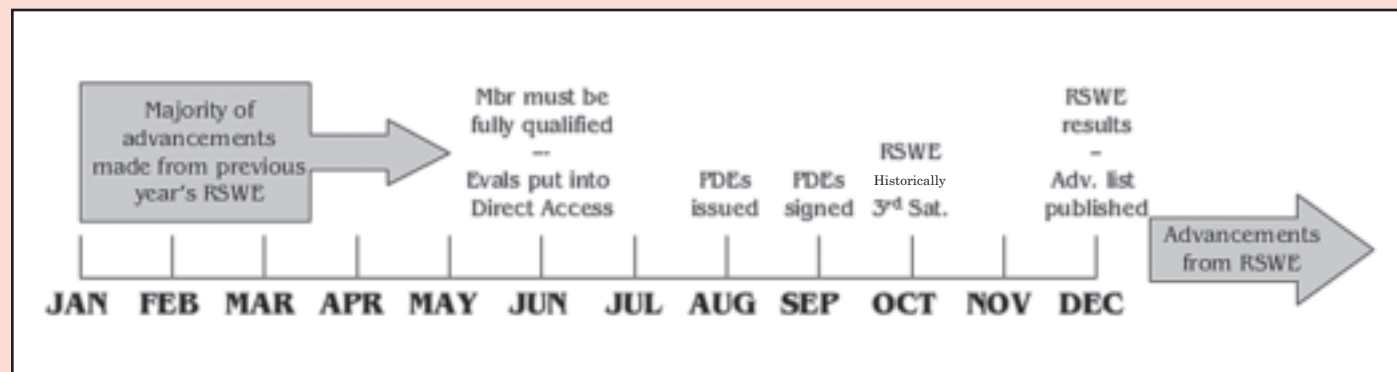
desiring to compete in the RSWE for pay grades E-7, E-8, and E-9. Members must have less than 28 years of service and cannot have reached their 58th birthday as of Jan. 1 following administration of the RSWE. More detailed information on these eligibility requirements can be found in PERSMAN, Art. 5.C.4.b.

The advancement list is established for each rating, and rates are based upon vacancies anticipated at the time the eligibility list is compiled. Placement on the advancement list is based on the member's final multiple score. This is composed of the member's

examination score, performance evaluations, time in service, time in pay grade, medals and awards, and sea duty. The Reserve Policy Manual, Sec. 7.C., illustrates how a reservist's final multiple will be computed. Personnel Service Center (PSC) Topeka will compute the final multiple and determine each member's ranking on the advancement list. The results are then forwarded to Coast Guard Personnel Command, which will publish the final list about two months after the RSWE date. The list will be posted on PSC's intranet Web site. Once the list is published, advancements are made accordingly and are usually executed at the beginning of each month.

While it cannot be guaranteed that any one person will be advanced, the RSWE ensures a fair and impartial opportunity for advancement for all competitors. Personnel who place below the cutoff point should plan on participating in subsequent RSWEs in order to maintain their eligibility.

Further information on RSWE responsibilities and processes can be found in the Servicewide Examination (SWE) Guide (PSCINST M1418 [series]). Statistics for the 2003 and 2004 RSWEs can be found at <http://www.uscg.mil/hq/psc/adv.htm>.



Lateral Change in Rating

By YN2 Andy Stafford, Mr. Curtis Jones, and YN3 Brent Karaba

Sometimes, Coasties aren't satisfied with their career choices. As advancements slow down in a rating, or when you feel your civilian skills and expertise are not used to the best of their abilities, you may feel that you are stuck. One potential avenue is a process called Lateral Change in Rating.

A Lateral Change in Rating provides members the chance to train in a new field or to compete in a rating where there is more opportunity. Benefits include the prospect for increased job satisfaction in the new rating, taking advantage of your personal talents, and meeting the needs of the Service.

The process itself is relatively simple. First, there must be a vacant position available in the rating you would like to lateral to. The position must be located at a unit where you can effectively drill. To find a vacant position, contact the Force Optimization and Training Branch at your servicing Integrated Support Command (ISC (pf)). The staff will have a list of all vacant positions within your area.

Once a position has been identified, you must submit the request, endorsed by your command, to your ISC (pf). Reserve Policy Manual, COMDTINST M1001.28A, Art. 7.C.9. describes what information needs to be included in the endorsed package that arrives at ISC (pf). The request should include the new rating requested, the reason for the request, and all completed

courses, service schools, training, and civilian skills that will help you become qualified in your requested rating.

After you have submitted the request, your ISC (pf) will either authorize the change or forward it to the Reserve Personnel Management Division at the Coast Guard Personnel Command (CGPC-rpm). ISC (pf)'s can approve requests for members in pay grades E-6 and below, in ratings that do not require completion of Class "A" school. All other requests will be sent to CGPC-rpm for final approval.

As soon as your request is approved, ISC (pf) will transfer you to your new position, and you will only be allowed to train in the requested rating. You must complete all courses and qualifications for that rating up to and including your current pay-grade. Next, you will have to compete in the Reserve Service Wide Exam (RSWE) for your requested rating and place above the cutoff on the advancement list. (Keep in mind, you can only compete for your requested rating. Once a Lateral Change in Rating is approved, you are prohibited from competing for advancement in your old rating). You will then be advanced to your new rating and the process will be complete. If you are below the cutoff, you will have to retake the RSWE. You will have at least three years to successfully complete the lateral. Extensions may be given on a case-by-case basis.

Enlisted Evaluations Schedule

Enlisted EERs: see Fig. 10.B.5.1. of the PERSMAN.
The enlisted schedule was aligned with active duty in 2002.

PAY GRADE	DEADLINE DUE THE LAST DAY OF:
E-1	February (all) & August (AD only)
E-2	February (all) & August (AD only)
E-3	January (all) & July (AD only)
E-4	March (all) & September (AD only)
E-5	April (all) & October (AD only)
E-6	May (all) & November (AD only)
E-7	September (all)
E-8	November (all)
E-9	June (all)

Enlisted Professional Military Education (E-PME): Why Use It?

By Robin Fischer, Coast Guard Headquarters (CG-133)

The Enlisted Professional Military Education (E-PME) Study Guide makes it unnecessary to sit for hours in the resource center searching through manuals, regulations, instructions, and other materials to glean the information you need for the Service Wide Exam or an Advancement Qualification Exam (AQE), or borrow notes from teammates, hoping the information is current. The E-PME is the latest tool to help you on your career path.

What is the E-PME?

The E-PME system:

1. Replaces the Military Requirements (MRN) system for personnel E-2 through E-9.
2. Guides enlisted personnel through the required phases of leadership development training and educational programs necessary for advancement.
3. Creates a holistic leadership development training and education program for enlisted personnel based on successive pay grades.
4. Standardizes the development process for the E-PME requirements and courses.
5. Requires needs assessments and other related analysis as a basis for all substantial changes to E-PME requirements.
6. Provides more flexibility to system managers and course developers needing to make updates to specific E-PME courses.

Why should I use it?

This education is separate from a member's particular specialty or expertise (e.g., electrician, mechanic, etc.). Specifically, the E-PME is geared more toward leadership and management development and less toward technical aspects of an enlisted member's world of work. The E-PME program exists to support job performance, leadership development, and to build esprit de corps within the Coast Guard's enlisted workforce.

You are not required to complete the entire E-PME system in order to qualify for the October 2005 Reserve Service Wide Exam or to be placed on a supplemental advancement list prior to April 30, 2005. However, it is to your advantage to study the material the test is based on. It is a valuable tool that is provided for you.

How do I get the Study Guide?

The E-PME Study Guide is available on the internet and the CG intranet at: <http://learning.uscg.mil>. To get



a CD-ROM or hard copy of the E-PME Study Guide, contact your unit's education service officer (ESO) for ordering instructions.

Who has time for the E-PME?

If you are taking a Service Wide Exam, you do. Try it today.

Resource Summary

- E-PME Study Guide is online at: <http://learning.uscg.mil>
- To obtain a CD-ROM or hard copy of the E-PME Study Guide, contact your unit's education service officer (ESO) for ordering instructions.
- Enlisted Professional Military Education (E-PME) Manual CIM 1510.2 is available at <http://cgweb.uscg.mil/g-c/g-ccs/g-cit/g-cim/directives/cgcim.html>
- Enlisted Professional Military Education (E-PME) Status, see ALCOAST 468/04.
- Early Advancement Authorization and Supplemental Advancement Procedures, see ALCOAST 018/05.

Enlisted Ratings Managers

Desig.	Rating Name	Rating Manager	Phone	Staff Symbol
AMT	Aviation Maintenance Technician	MCPO Thomas Justice	202-267-0013	CG-481
AET	Aviation Electrical Technician	MCPO Scott Williams	202-267-0207	CG-481
AST	Aviation Survival Technician	MCPO Scott Williams	202-267-0207	CG-481
BM	Boatswain's Mate	MCPO Phillip Wolf	202-267-1740	G-ORW
DC	Damage Controlman	MCPO John Bogush	202-267-1993	CG-481
EM	Electrician's Mate	MCPO Isaac Davis	202-267-1997	CG-481
ET	Electronics Technician	MCPO Daryl Bletso	202-267-6995	CG-481
FS	Food Service Specialist	MCPO Phil Garrett	202-267-2556	CG-1111
GM	Gunner's Mate	MCPO Walter Flint	202-267-1523	G-ORW
HS	Health Services Technician	MCPO Jack Goodhue	202-267-0330	CG-1121
IT	Information Systems Technician	MCPO Daniel Nesemeier	202-267-1372	CG-481
IV	Investigator	CWO Dan Meek	202-493-6613	G-2-CGIS
MK	Machinery Technician	MCPO Kevin Winter	202-267-1812	CG-481
MST	Marine Science Technician	MCPO Scott Bell	202-267-0453	G-MRP-3
MU	Musician	Vacant	202-267-2397	G-CMCPO
OS	Operations Specialist	MCPO Richard Hughes	202-267-2748	G-ORW
PA	Public Affairs Specialist	MCPO Carolyn Cihelka	202-267-1209	G-IPA-5
PS	Port Security Specialist	MCPO Gary Sherrill	202-267-0776	G-MRP-3
SK	Storekeeper	MCPO Myles Shaw	202-267-0689	CG-481
YN	Yeoman	MCPO Leilani Cale-Jones	202-267-1090	CG-102

Force Managers

Ratings	Force Manager	Phone	Office
SA/SN/GM/BM/OS	CDR Steve Scardefield	202-267-1445	G-ORW
FN/AMT/AET/AST/DC/EM/ET/MK/SK/	Sarah Shores	202-267-1023	CG-481
Systems Officers	LT Richard Lucas	202-267-2344	CG-481

Related Positions

Enlisted Performance Qualifications	MCPO Dave Robinson	202-267-2433	CG-1322
Enlisted Leadership Program Manager	CPO Diane Lacumsky	202-267-2441	CG-133

TRAINING CENTER YORKTOWN, VIRGINIA

BY LT KEVIN IVEY, TRACEN YORKTOWN

Ed's note: We continue with our "tour" of the various Coast Guard training centers. So far, we have visited Cape May, Petaluma and the Special Missions Training Center.

United States Coast Guard Training Center Yorktown, Va. is nestled on a small peninsula formed by the convergence of Wormely Creek and the York River, in Virginia's famed Historic Triangle. Every year, thousands of Coast Guard personnel pass through the gates of the Coast Guard's largest Training Center to receive state-of-the-art training on the latest techniques and applications available to the modern Coast Guard.

Yorktown's location is also suffused with American history. Visitors can jog through Revolutionary and Civil War battlefields, visit some of Virginia's oldest gravesites, and tour the famous Moore House where the Revolutionary War officially ended. Training Center Yorktown is also home of the Coast Guard's only all Reserve "A" School, Port Security Specialist "A" School. The PSS School provides students with the knowledge and skills to execute a multitude of port safety and security missions supporting maritime homeland security. The students, all of whom are reservists, are trained in force protection, weapons of mass destruction, anti-terrorism, weapons use, and related port/physical security topics.

The Training Center also hosts basic and advanced courses for personnel from the other armed services, state and federal agencies, and allied nations throughout the world. Training Center Yorktown also reaches out to Coast Guard units and the world by providing countless exportable courses through its Performance Technology Center and the International Training Division.

MISSION AND SCHOOLS

The mission of Training Center Yorktown is to optimize workforce performance and unit readiness through training, partnership, and innovation. Each year, the Training Center prepares thousands of Coast Guard women and men to face an array of maritime challenges — port security, terrorist threats, mariners in distress, drug smugglers, illegal migrants, fisheries enforcement, protecting the marine environment, and ensuring safe navigation.

The scope and breadth of each of these essential functions has dramatically increased as a result of the Training Center's involvement in the most important projects facing

today's Coast Guard — Deepwater, Rescue 21, growing the workforce, e-Learning, MSST creation, and the implementation of the Maritime Transportation Security Act (MTSA). There is no other place in the Coast Guard so directly linked to the future success of our Service. In fact, of the Coast Guard's 19 enlisted ratings, Training Center Yorktown is home to seven "A" schools. Enlisted members from the following rates (BM, DC, EM, GM, MK, MST and PS) make up over 50 percent of the entire active duty enlisted ranks. With that in mind, it's easy to see why if you haven't visited Training Center Yorktown yet, chances are fairly good that you will some time in the future.

Among the many schools that call Training Center Yorktown home are the National Search and Rescue School, the world's premier source of search and rescue training. The school's joint Coast Guard and Air Force staff provides training in oceanic, coastal, and inland search planning, and coordination. The Operational Intelligence School and CGIS Training Detachment provides training for all elements of the Coast Guard's intelligence program.

The 41-foot UTB Systems Center is the Coast Guard's center for boat crew training and professionalism, developing operational techniques and maintenance procedures, evaluating

prototypes, and assisting with day and night underway training for students of all levels. Boatswain's

Mate School is responsible for all training provided to the Coast Guard's largest rate, laying the foundation for tomorrow's Officers in Charge. National Aids to Navigation School provides performance-based training to the men and women who service over 70,000 fixed and floating aids, lighthouses, and electronic signaling devices. The Marine Safety branch is comprised of Contingency Preparedness and Response Management School, Port Operations School, Port Security Specialist School, Marine Inspection and Investigation School, and the Marine Science Technician School which trains students on maritime safety and security missions including environmental protection/response, waterways management, risk assessment/management, and safety and occupational health.

Machinery Technician School is the source of training for the Coast Guard's second largest rate. Machinery Technician school offers extensive lab facilities and hands on training covering all basic and advanced naval engineering systems and machinery. Damage Controlman's School provides state of the art, well equipped welding, woodworking, piping, and



metal labs to prepare damage controlmen to serve on cutters, boats, and stations. Electrician's Mate School features impressive lab facilities, computerized training, and advanced technology to support both basic and senior technical training used in today's modern fleet of cutters. The Weapons School trains students in the traditional roles of homeland security, law enforcement, and military readiness. The Gunner's Mate and Electronics Technicians Schools feature extensive hands on training in the operation, maintenance, and repair of Coast Guard weapons systems ranging from small arms to large caliber naval guns and their fire control systems.

Additionally, Training Center Yorktown is directly responsible for a host of courses designed to better equip our international allies in all matters maritime. Most notable are the International Resident Training Courses; (the International Maritime Officers Course and the International Crisis Command and Control Course) and countless International Exportable Training courses conducted by the International Training Division.

In 1996, Training Center Yorktown formed Performance Technology Center (PTC) from existing Training Center Resources. PTC has been designated by the Office of Reserve and Training as the Coast Guard's center of Products Excellence for Interactive Courseware (ICW). It is a prototype center for improving human performance, and uses performance technology techniques and tools to analyze workforce performance problems. Through continuous research, it identifies the most effective and efficient emerging technologies that can be designed and developed into the products and performance supports that help to solve those problems.

Training Center Yorktown proudly upholds the Coast Guard's motto "Semper Paratus," graduating students "always ready" to meet today's challenges.

A BIT OF YORKTOWN HISTORY

The Training Center occupies the easternmost tip of Virginia's historical triangle, formed by Jamestown, Williamsburg, and Yorktown. Within the boundaries of the Training Center is the site of the 1633 Village of Yorke, the final resting place of colonial statesman Major William Gooch, interred in 1655. Major Gooch's and two other clearly legible grave markers are among the oldest in the state of Virginia. Just outside the Training Center's main gate are the battlefields of Yorktown where "independence was won," when Cornwallis surrendered to Washington in 1781. This area has witnessed settlement, war, and progress.

On July 3, 1959, the Coast Guard established what is today its largest training facility. The pride, professionalism, and excellence of staff and students alike clearly pay tribute to the colonial vision and courage that gave birth to our great nation.

FOR MORE INFO...

To learn more about Training Center Yorktown, go to: www.uscg.mil/hq/rtc/index.shtml

"TOP DOG" RETIRES AT YORKTOWN BY LT BRIAN MCNAMARA, USCG



DC1 Sprouse, Nikita, CAPT J. Scott Burhoe, and Mrs. Teresa Sprouse at Nikita's retirement ceremony.

Training Center Yorktown recently retired one of the Coast Guard's "top dogs." From 2001-2004, students of the USCG Maritime Law Enforcement (MLE) School would often work alongside a Labrador Retriever named Nikita at the mock boarding platforms. During that time, K9 "Nikita" and her handler, DC1 Roy Sprouse, served with distinction as members of the use of force staff at MLE School. On Oct. 1, 2004, CAPT J. Scott Burhoe, Commanding Officer of Training Center Yorktown, honored the team in a retirement ceremony held along the shores of the York River.

While drilling as a reservist, Sprouse embarked on a career in law enforcement. He met Nikita while attending the Virginia Department of Corrections narcotic detector canine program. She began the K9 handler training at the extremely young age of 10 months. While the state of Virginia usually requires K9 detector dogs to be 12 months old before their training begins, Nikita was allowed to participate. After beginning her training two weeks behind the rest of her class, Nikita caught up and graduated at the top of her class!

After the terrorist attacks of Sept. 11th, Sprouse came on active duty and was assigned to the MLE School as a member of the Use of Force staff. When not instructing, he and Nikita conducted many demonstrations. They performed passive detection demonstrations for over 1,000 children, 1,000 boarding officer students, and 100 international officers attending the International Maritime Officer Course. In addition, Nikita was an integral part of the Joint Civilian Orientation Conference and three Missions Day events, showcasing her unique skills to over 200 highly influential civilians and congressional staff members.

Although Sprouse and Nikita are no longer active as a detection team, she remains a part of his family.

"A canine handler spends as much time with their canines as they do with their family, so the team builds a special bond," said Sprouse.

Although the MLE School moved to Charleston, S.C., Sprouse continues to drill with Training Center Yorktown's Damage Controlman "A" School.

TRICARE Reserve Select (TRS) Program Underway

This new premium-based TRICARE health plan is offered to reservists who serve or served continuously on active duty for at least 90 days in support of a contingency operation since Sept. 11, 2001, and who commit to continued service in the SELRES.

Beginning in April 2005, the Department of Defense began implementing TRICARE Reserve Select (TRS) — a premium-based health care plan available for purchase by certain eligible members of the National Guard and Reserve who have been activated for a contingency operation on or after Sept. 11, 2001.

TRS will provide comprehensive health care coverage similar to TRICARE Standard and Extra for TRS members and their covered family members. TRS is authorized under the National Defense Authorization Act for Fiscal Year 2005. The monthly premium for member-only coverage is \$75 and \$233 for member and family coverage.

The member's Service/Reserve Component personnel office will determine his or her eligibility to purchase TRS. To qualify, members must have served on active duty for 90 consecutive days or more on or after Sept. 11, 2001, in support of a contingency operation, and enter into an agreement with their Reserve Component to serve in the Selected Reserve for one or more years prior to leaving active duty. For those who

have already left active duty, they must enter into an agreement no later than Oct. 28, 2005.

Members are eligible for one whole year of TRS coverage for each whole year of service commitment in the Service agreement, up to a maximum of one whole year of coverage for each 90 days of continuous active duty served in support of a contingency operation. For example, a member who served a 360-day qualifying active duty period in the Selected Reserve is eligible for four years of TRS coverage provided an agreement is

entered into to serve at least another four years in the Selected Reserve.

TRS coverage for members and covered family members will terminate at the end of the Service agreement, or sooner if the member separates from the Selected Reserve, voluntarily disenrolls from the TRS Program, or fails to pay the monthly TRS premiums.

Updated information on the TRS program (to include start date, eligibility, benefits and premiums) is posted on the TRICARE Web site at www.tricare.osd.mil/reserve/reserveselect. To receive future TRS updates by e-mail as the information becomes available, members and family members may subscribe to www.tricare.osd.mil/tricaresubscriptions/.

For more info, please see ALCOAST 189/05 and the TRICARE Web site at: www.tricare.osd.mil/



TRICARE Reserve Select Highlights

TRICARE Reserve Select is a new premium-based TRICARE health plan offered for purchase by certain members and former members of the Reserve Components (RC) and their families, if specific eligibility requirements are met.

- **TRS coverage is available to eligible Reserve Component (RC) members who were called or ordered to active duty, under Title 10, in support of a contingency operation on or after September 11, 2001. RC members need to agree to stay in the Select Reserve for one or more whole years to qualify.**
- **TRS coverage must be purchased. TRS members pay a monthly premium for health care coverage (for self-only or for self and family). Adjusted effective Jan 1st each year, the premiums for calendar year 2005 are: \$75.00 for TRS member-only coverage; \$233.00 for TRS member and family coverage.**

Rule No. 1, Don't Puke on the Captain

By LTjg Molly Killen, USCG

Reprinted with permission of Navy Times, March 14, 2005

Those who say seasickness is all in the mind should be condemned to dwell within my tortured physiognomy for an hour next time I'm chumming fish. If I am a master of one trade, it is getting sick. I have frequently gotten sick on solid ground and anything that moves; most notably and violently, on ships.

No nauseous agony compares with seasickness. *Mal de mer*, alone, has made me pray for death.

I've decided to make the best of my weak stomach and make it a goal to barf in every major body of water in the world. Atlantic, check. Pacific, check. Bering ... nah, think I had sea legs by then.

Caribbean, had sea legs by then, as well — damn! Huron, check.

Michigan, check — and the setting for my harrowing tale.

I come by my ailment honestly. My father, a champion puker, was an Army airborne Ranger. As badly as it scared him to jump out of airframes, he was grateful to step off and get away from the airsickness.

That's something to reckon with. While I have not yet been driven to jump ship, I won't discount the possibility. Since my earliest days, I have had the weakest disgrace of a stomach that I've ever heard of. Car trips were pain, flying was agony, and a Coast Guard career has introduced me to new and exciting ways to torture myself.

Last year's Christmas Ship trip to Chicago was a case in point. 'Twas on that voyage of discovery that I became a jackass in the wardroom.

Getting as horizontal as possible can sometimes stay a heave from actuation.

Keeping cool helps, also. Closing my eyes and picturing the rocking motion as soothing instead of torturous is generally futile, but not beyond the means of a desperate woman.

There I was, in a planning meeting. I was the project officer and therefore supposed to know what was going on. We were underway. I was seated across from the captain (on the table's minor axis), and every chair was filled. Everyone else possessed ironclad guts. I was green with envy. No, seasickness.

We were on a gentle roll. My head was swimming hard enough to put Michael Phelps to shame, and my stomach was churning hard enough to make butter. Yum. Words exchanged were distant mumblings. I had nothing to add. Of course, I

had to be there. I was the officer, and supposed to know these things.

Oh, God, gonna barf! Must ... get horizontal ... to ... survive. I slid down in my chair and looped an arm over the back.

Ah ... better. Nope, gonna barf! I slid further down. I could still see over the table. Barely. Ooohhh ... head ... guts ... (moan). I put my hands behind my head.

That's better (gulp). Must ... cool ... down. I undid my blouse and tossed it on deck. Ah, T-shirt cooler ... no, it's not ... Please, God!

In the name of all that's holy, don't let me barf on the captain!

My fellow JOs were perplexed and disgusted by my tasteless display. What is she doing? Right across from the captain! What's her major malfunction?

Two things saved my reputation from permanent damage. First, my behavior was out of character. I typically emulate the Von Trapp children in meetings. Second, I was green enough to be a Chia Head. That's what I've been told. I've never found time to admire my look in the mirror.

Generally, I cut and run to blow chunks. This time, my compromised faculties led me to believe that I was necessary. They also told me that dashing out to exorcise my visceral demons and returning to behave in a more becoming fashion was less preferable to being the most disgraceful pile of green hide and wrinkled uniform this side of New London. But, by God, I made it through the meeting. True, I had no dignity left. True, I had danced on the brink of disaster. But I had won!

Closing words were spoken, and with a Herculean effort, I casually arose and departed with everyone else, further cementing the impression that my behavior was resultant of Jackassism. Outside that door, however, the race was on. The demons launched their final assault as I flew past some shipmates pursuing sweepers.

At the speed I was traveling, surely I would have slipped on the

wet deck, had my feet ever touched it.

The porcelain train gently slowed me from cruise to all-stop in about 0.02 seconds ...

As I recovered from battle, I could hear my shipmates. "Wow, I guess she's really sick."

Guess I was.

The writer is an active-duty Coast Guard officer serving aboard the Great Lakes icebreaker Mackinaw. When not hiding from her XO, she can be reached at mkillen@cgcmackinaw.uscg.mil.

"Two things saved my reputation from permanent damage. First, my behavior was out of character. I typically emulate the Von Trapp children in meetings. Second, I was green enough to be a Chia Head. That's what I've been told. I've never found time to admire my look in the mirror."



In Brief

• AMENDED LAW ALLOWS CGR OFFICERS TO COMMAND N.Y. NAVAL MILITIA:

A law amended by the State of New York Senate-Assembly May 6, 2004, allows Coast Guard or Reserve officers (rank of commander or higher) to be appointed the Commander of the State of New York Naval Militia. Navy and Marine Corps active duty and reserve officers (O-5 and above) are eligible for appointment as well. If the member is a drilling reservist and is recalled to active duty, reserve duties would take precedent over the Navy Militia duties. For more info, contact the New York Naval Militia, 330 Old Niskayuna Road, Latham, NY 12110-2224; 518-786-4583.



• 2005 SRO ASSIGNMENT PROCESS UPDATE: MLC LANT recently released an update to the Senior Reserve Officer Shopping List. To view the list, please go to the MLCA Intranet Web site: http://webapps.mlca.uscg.mil/pdiv/forceops/sro_billets.cfm or the MLCA Internet Web site: www.uscg.mil/mlclant/pdiv (SRO billet spreadsheet link under Force Optimization). For info, contact LTJG Katy Coombs, kcoombs@mlca.uscg.mil or 757-628-4509.

• RESERVE ENLISTED EVALUATIONS: Each year, a substantial number of reservists do not receive an Enlisted Employee Review (EER), preventing many from competing for advancement. Nearly 2,500 reservists were deemed ineligible for advancement at the beginning of the 2004 Reserve Servicewide Exam (SWE) cycle because they lacked an EER in the system. As the October 2005 Reserve SWE approaches, make sure to read ALCGPERSCOM 034/05. For info, contact CWO Storey, 202-493-1710, jstorey@ballston.uscg.mil

• ABBREVIATION OF REAR ADMIRAL (LOWER HALF): To eliminate inconsistencies for the rank of rear admiral (lower half) that exist throughout the Coast Guard and with our DoD counterparts, effective immediately, the rank abbreviation for the O-7 grade shall be RDML. O-8 rank abbreviation shall remain RADM. For more info, see ALCOAST 193/05.



• PHASE-OUT OF UNDRRESS AND WORKING BLUE

UNIFORMS: Effective Sept. 30, 2005, the Undress Blue and Working Blue Uniform will no longer be authorized for wear by active or reserve personnel. These uniforms will continue to be optional for members of the Auxiliary until otherwise directed. For more info, see ALCOAST 191/05.

• SELRES DENTAL READINESS: Commanding Officers are responsible for the dental readiness of reservists assigned to their units. They shall ensure members are directed to complete their dental exams at CG or DoD dental clinics using

IDT drills, Readiness Management Periods (RMPs), or Active Duty for Training (ADT). For additional info, please see ALCOAST 190/05 or contact MLC(K) Health Benefits Help Line at 1-800-9HBA-HBA (1-800-942-2422).



• RESERVE ANNUAL SCREENING QUESTIONNAIRE (ASQ)

REQUIREMENT: All Ready Reserve members (SELRES/IRR) were reminded to complete their annual ASQ requirement last October. A review of the ASQ results revealed incomplete and erroneous entries. Approximately 27 percent of current SELRES reservists do not have current ASQs and 68 percent have current but incomplete ASQs. For more info, please review ALCOAST 147/05.

• NEW CWOA V.P. FOR RESERVE AFFAIRS: CWO3 George W. Young, USCGR, was recently installed as the new Vice President for Reserve Affairs at the annual Chief Warrant Officers Association conference during April at St. Louis. Contact him at: (301) 669-3363 or (804) 883-1190; E-mail: gyoung@comdt.uscg.mil or cgintelligent@earthlink.net

• USAA SCHOLARSHIP PROGRAM FOR 2005-06

ACADEMIC YEAR: The United Services Automobile Association (USAA) is sponsoring four \$1,125 scholarships toward higher education for the 2005-06 academic year for enlisted Coast Guard Reservists and their dependents. Application packages should include a one-page cover letter, reservist's or sponsor's signature, official transcript, and a one-page essay on "What My/My Parents/My Spouses Participation in the CGR Means to Me." **Deadline for application is July 1, 2005.** See ALCOAST 273/05 for details or contact LTJG Greg Peck, 202-267-1250, gpeck@comdt.uscg.mil.

• USERRA POSTERS: The National Committee for the Employer Support of the Guard and Reserve (ESGR) announced recently that posters explaining the rights of employees in the National Guard and Reserve under the Uniformed Services Employment and Reemployment Rights Act (USERRA) are now available from the U.S. Department of Labor, and may be downloaded at www.dol.gov/vets/programs/userra/poster.pdf For more info on USERRA or ESGR, visit www.esgr.mil or call 1-800-336-4590.



• WEEKEND ASSISTANCE FOR RESERVISTS AT PSC:

Reservists at PSC are now "answering the call" one weekend a month to assist and answer questions from reservists nationwide! The weekend schedule for FY 2005 is as follows: June 11-12, July 16-17, Aug. 20-21, Sept. 17-18. Contact PSC at 1-866-772-8724 or 785-339-2200; E-mail: pssccustomercare@hrsic.uscg.mil; Web: www.uscg.mil/hq/psc/

• RESERVE WORKFORCE

MANAGEMENT: SELRES enlisted and chief warrant officers with over 30 years service should familiarize themselves with ALCOAST 113/05. The message gives a detailed five-year phase out plan for members who have been serving beyond 30 years under the "blanket waiver" policy.

• **PSC CUSTOMER SERVICE:** If you have recently contacted the Personnel Service Center Customer Care Branch, they would like you to fill out a short Customer Service Survey. The information you provide will be used for process improvement and to help identify training needs so PSC may serve you better in the future. To access the survey, please logon to <http://cgweb.psc.uscg.mil/ccbsurvey>.

• RESERVE CWO LATERAL PANEL

RESULTS: The list of those Reserve chief warrant officers qualified to serve in the new specialties has been approved. To view the list, please see ALCGPERSCOM 028/05.

• **FACES OF THE FALLEN:** A compelling new exhibit of more than 1,300 individual portraits honoring America's service men and women who lost their lives in Afghanistan and Iraq is now on display. Talented artists from across the country have donated these works, on display to the public through Nov. 11, 2005 at the Women In Military Service For America Memorial, located at the gateway to Arlington National Cemetery, Arlington, Va. For additional info, please email us at info@facesofthefallen.org

• SOUND OFF ON RESERVE

INTEGRATION! The Reservist magazine is planning an issue on "A DECADE OF RESERVE INTEGRATION!" for publication during the fall of 2005. Here's your opportunity to let us know how you think Integration has gone since being implemented in the mid-1990s. Drop us a line, no more than 250 words, on one of these three topics: (1). QUALIFIED: I am or am not more qualified in today's integrated USCG (2). LOGISTICS AND SUPPORT: I am or am not taken care of in today's integrated USCG (3). CAMARADERIE: I am or am not an integral part of today's USCG. Deadline is Friday, July 29, 2005. Send e-mail to: ekruska@comdt.uscg.mil or mail to The Reservist magazine at: Commandant (CG-1312), USCG Headquarters, 2100 Second Street, SW, Washington, DC 20593-0001, ATTN: Sound Off on Reserve Integration

Upcoming Events

THROUGHOUT 2005...

• WORLD WAR II 60TH

ANNIVERSARY — Throughout 2005, the World War II Commemorative Committee will be running events nationwide to commemorate the 60th anniversary of the final year of the war (1945). To view events, check the Web site: www.60wwii.mil and/or contact LCDR Jack Dunphy, DoD WWII Commemoration Committee, RPN, Suite 5413, 1777 N. Kent St., Arlington, VA 22209, 703-588-8598; jack.dunphy@hqda.army.mil

JUNE 2005

• NATIONAL FLAG DAY

CELEBRATION — Sunday, June 12, Waubeka, Wis. (30 miles north of Milwaukee). Come celebrate at the birthplace of Flag Day. Program, 12:30 p.m.; parade 1:30 p.m.; Program at Stone Hill School, 3 p.m.; Family day to follow including fireworks. Web: www.nationalflagday.com

• ALL SERVICE E-9 GOLF

TOURNAMENT — The 26th annual All-Service E-9 Golf tournament will take place June 20 at the Andrews Air Force Base South Course near Washington, D.C. Each of the military services will field a team of 20 players to compete for the perpetual trophy. The tournament is open to active, reserve and retired E-9's. Members interested in being on the Coast Guard team should contact SKCM Linda Reid for details at e-mail:

Lreid@comdt.uscg.mil or call (202) 267-6891.

• COAST GUARD AUXILIARY

BIRTHDAY — The 65th birthday of the Coast Guard Auxiliary is Wednesday, June 23. Auxiliary Web site: www.cgaux.org

JULY 2005

• 18TH ANNUAL WOMEN'S

LEADERSHIP SYMPOSIUM — July 12-13, at the National Defense University, Fort Leslie J. McNair, Washington, D.C. This year's symposium is jointly sponsored by the Coast Guard Womens Leadership Association (CGWLA) and the Navy's Women Officers Professional Association (WOPA). Registration info is available at CGWLA's Web site: www.cgwla.org and WOPA's Web site: www.wopa.org and/or contact LCDR Kathryn Oakley, 202-267-1702, koakley@comdt.uscg.mil; or LTJG Aja Kirksey, 202-267-6223, akirksey@comdt.uscg.mil

• ROA NATIONAL CONVENTION —

July 27-30, New York City, Times Square, Marriott Marquis. Contact Reserve Officers Association, 1 Constitution Ave. N.E., Washington, DC 20002; 202-479-2200; Web: www.roa.org

• **COAST GUARD FESTIVAL** — July 29-Aug. 7, Grand Haven, Mich. For info, contact: U.S. Coast Guard Festival, 113 N. Second St., Grand Haven, MI 49417; Phone: 1-888-207-2434; Web: www.ghcgfest.org

AUGUST 2005

• **COAST GUARD DAY 2005** — Is Thursday, Aug. 4! What is your unit planning to commemorate the Coast Guard's 215th birthday?

• PORT HURON COAST GUARD

APPRECIATION DAYS — Aug. 19-21, Port Huron, Mich. Activities include a Memorial Service at International Flag Plaza Friday, Aug. 19. On Saturday, Aug. 20, tour USCG Station Port Huron, CGC Hollyhock and decommissioned CGC Bramble, Fort Gratiot Lighthouse, museum lightship Huron, and Port Huron Museum. The Seaway Terminal will host a Saturday evening dinner to honor local active and retired Coast Guard members. Former CG members should register at www.wgrrt.com (click on CG icon and provide name, address, phone, dates of USCG service). More info will be e-mailed or mailed to you.

SEPTEMBER 2005

• CPOA NATIONAL CONVENTION

— 37th annual, Sept. 12-15, St. Louis, Mo. Contact CPO Association, 5520-G Hempstead Way, Springfield, VA 22151-4009; 703-941-0395; cgcpoa@aol.com Web: www.uscgcpoa.org

• JOINT SERVICES RETIREE

APPRECIATION DAY — Saturday, Sept. 17, 2400 Mystic Lake Blvd., Prior Lake, MN 55372. For info, contact LTC Lloyd Ward, e-mail: Lloyd.Ward@minneapolis.af.mil or write: Retired Activities Office, Navy & Marine Corps Reserve Center, 6400 Bloomington Road, Fort Snelling, St. Paul, MN 55111.

OCTOBER 2005

• RESERVE SERVICE WIDE EXAM —

Slated for Saturday, Oct. 15. Study hard and make your shipmates proud! Deadline for paperwork (EOCTs, etc.) is June 30.

Reunions

JUNE 2005

• **CGC EASTWIND (WAGB 279)** — June 10-12, 2005, Portland, Maine. Contact: Lee Grant, 603-447-6040; junelee.1@juno.com or Al Brier, 508-945-3729.

• **COAST GUARD SPECIAL AGENTS** — Former Coast Guard Intelligence/Investigations Special Agents seeking to have first-ever reunion of special agents, intelligence, District/Area Office of Law Enforcement (OLE) personnel. Active duty and Reserve CGIS special agents, intelligence and OLE personnel all invited. Tentatively set for May 2005 in Branson, Mo. Interested Coast Guard personnel should contact Mr. Bruce Sheils (retired CGI special agent) at bruahm@webtv.net

SEPTEMBER 2005

• **IWO JIMA VETERANS GROUP** — Sept. 11-14, 2005, Rapid City, S.D. Contact: Dwight Morgan, 5908 Chatsworth Drive, Huber Heights, OH 45424, (937) 233-9991; E-mail: iwojimavets@yahoo.com Web: www.iwojimavets.com/index.html

• **NORTH COAST NEW YORK COAST GUARD ASSOCIATION** — Sept. 23-25, Sackets Harbor, N.Y. Seeking Coasties who served aboard CGC's Cherry, Maple, Ojibwa, White Lupine, Buckthorn, Arundel, Point Steele, Wire and CG's 83359, 65024-D (Chockberry), 55030, 45305, 49414, 45308, or 49404, while homeported in upper New York, Burlington, Vt. or Saugerties, N.Y. Also, seeking any Coastie who served at Erie, Pa. Lifeboat Station, Buffalo Base, Fort Niagara LBS, Rochester LBS, Sodus Point (AUX OP), Oswego LBS, Galloo Island LBS, Sackets Harbor (AUX OP), Cape Vincent Light Attendant Station, CG Station Alex. Bay, MSD Massena, Burlington Base, Vt. ATN Saugerties, Reserve Unit (PSU Buffalo/Syracuse, Loran Station Seneca). Also, any lighthouse, small unit or CGC in the above area. Any year, regular, reserve, auxiliary or civilian. Contact: Mr. Gordon Koscher, North Coast New York Coast Guard Association, 4712 Glenwood Drive, Mantua, OH 44255, (330)-274-2927.

• **SQUADRON ONE DIVISION-13 CAT-LO VIETNAM, 1965/66 REUNION** — A reunion for the 1965/66 members of USCG Squadron One Division-13 stationed at Cat-lo Vietnam will be held Sept. 26-30, 2005 in Sam's Town, Nev. (Las Vegas). Division-13 was formed in December 1965 and arrived in Cat-Lo Vietnam in February 1966. Division-13 consisted of nine 82-foot cutters, their 11-man Coast Guard crews and a Coast Guard support staff. The reunion is planned for those who formed and served in Division-13 during 1965/66. However anyone who served in Division-13 at Cat-Lo is invited to attend. For info contact: ET2 Jerry Sampont (Point White), 360-457-6671; SK2 Mike Mattie (Support Staff), 425-672-7521; E-mail: division131966@yahoo.com

OCTOBER 2005

• **CGC TANEY** — Attention all former crew of USCGC TANEY WPG/WHEC 37, 1936-1986. The 2005 TANEY Reunion will be held at the Raddison Hotel and aboard USCGC TANEY in Baltimore, Md. Oct. 6-8, 2005. Events include special tours and activities aboard TANEY at the Baltimore Maritime Museum, day trip to Washington, D.C. and Reunion banquet. For more information contact Frank Tobat (SK1 1968-70), 410-546-1557, E-mail: frank@hvacservicesunlimited.com

• **U.S. COAST GUARD COMBAT VETERANS ASSOCIATION** — Oct. 20-23, in Tampa, Fla., Holiday Inn, 2701 East Fowler Avenue. For membership and reunion info, contact Mr. Baker Herbert, LM, P.O. Box 544, Westfield Center, OH 44251, 330-887-5539, E-mail: uscgw64@worldnet.att.net Web: www.coastguardcombatvets.com

ON THE LOOKOUT

• **LORAN STATION ANGAUR** — Looking for personnel that served aboard LORSTA Angaur (Palau) from 1945-78 for possible reunion. Contact Bob Schnell, 964 West 4th St., Plainfield, NJ 07063-1370; Phone: 908-755-1847; E-mail: sch52jas@aol.com

Awards

Meritorious Service Medal

CWO2 Kenny McDaniel, COMDT(G-OPD)

Coast Guard Commendation Medal

CDR Gary Martin, MSO Chicago
LTJG Todd A. Remusat, RAID Team
BMC Eric J. Renker, Station Sand Key, Fla.
MK1 John M. Cynkar, RAID Team
PS1 David K. Allen, RAID Team
PS1 Tommy M. Walker, RAID Team

Coast Guard Achievement Medal

BM2 Barry du Moulin, MSO Boston

Global War on Terrorism

Expeditionary Medal (GWOTEM)

LTJG Todd A. Remusat, RAID Team
MCPO Claude Haynes, RAID Team
SCPO Joseph Faney, RAID Team
CPO James Eisenburg, RAID Team
CPO Gary Pirkig, RAID Team
MK1 John M. Cynkar, RAID Team
PO1 Marvin Gravino, RAID Team
PS1 David K. Allen, RAID Team
PS1 Tommy Walker, RAID Team



Photo by LT Dan Gray

Coast Guard Reservist CWO Ken McDaniel is congratulated by RADM J.W. Underwood, Chief of Operations Policy (G-OP), upon receiving a Meritorious Service Medal at CGHQ March 24. McDaniel received the award for his work helping establish the Coast Guard's underwater port security program.

CAPT Terrance Carter, right, congratulates CDR Gary Martin, left, on receiving a Coast Guard Commendation Medal for his work and involvement with major operations in the Chicago area including the TOPOFF 2 Terrorism exercises and a bridge collision incident in Joliet, Ill. Martin also received a Boat Forces Insignia.



Photo by PA1 Alan Haraf, USCGR

2005 Reserve Forces Almanac

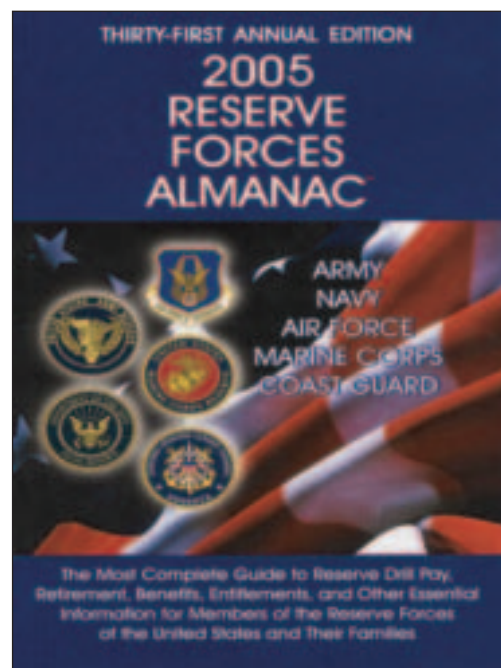
Published by Uniformed Services Almanac

The *2005 Reserve Forces Almanac*, the 31st annual edition, is the most complete guide to Reserve drill pay, retirement, benefits, entitlements, and other essential information for members of the Reserve Forces of the United States and their families. This 260-page paperback is not an official government publication of the DoD or U.S. Government.

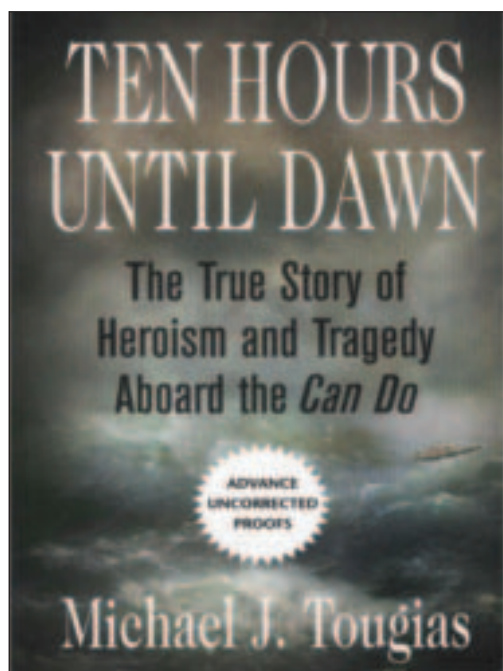
The book is divided into five general parts. Part I deals with Reserve pay and allowances, benefits, tax, educational and retirement information. Part II contains information on Reserve organization and personnel; Part III is on promotions, programs and training; Part IV discusses the history of the Reserve Forces, units and Reserve associations and organizations; Part V contains information on Survivor Benefit Plan, health and veterans benefits.

2005 Reserve Forces Almanac was printed Feb. 4, 2005, and is published by Uniformed Services Almanac, Inc., P.O. Box 4144, Falls Church, VA 22044-0144, 703-532-1631, Web: www.militaryalmanac.com. Price is \$8.95 plus \$3.50 postage and handling.

Neither the U.S. Coast Guard nor The Reservist endorse this book. This article is published as a service to our readers.



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www.militaryalmanac.com,
 Uniformed Services Almanac, Inc.,
 P.O. Box 4144,
 Falls Church, VA 22044
 1-703-532-1631
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 175 Fifth Avenue,
 New York, NY 10010,
 ISBN 0-312 33435-4.
www.stmartins.com.
 \$24.95.

Ten Hours Until Dawn The True Story of Heroism and Tragedy Aboard the Can Do

By Michael J. Tougias

Ten Hours Until Dawn is the true story about the Blizzard of 1978 off New England. As the tanker *Global Hope* floundered on the shoals in Salem Sound off the Massachusetts coast, the Coast Guard heard the mayday calls and immediately dispatched a patrol boat. Despite their best efforts, the Coast Guard boat soon found itself in as much trouble as the tanker, having lost its radar, depth finder, and engine power in horrendous seas. When Frank Quirk heard the patrol boat was in jeopardy, he readied his 49-foot steel boat and crew of the *Can Do*, and headed out to sea.

Author Tougias is a syndicated newspaper columnist and award-winning author. He used dozens of interviews and audio tapes to put together this devastating true account of bravery and death at sea.

Ten Hours Until Dawn, due for release in August 2005, is 320 pages, 5-1/2 x 8-1/4, and includes two maps plus one eight-page black and white photo insert. Published by St. Martin's Press, 175 Fifth Avenue, New York, NY 10010, ISBN 0-312 33435-4. Check local bookstores and the St. Martin's Press Web site at: www.stmartins.com. \$24.95.

Neither the U.S. Coast Guard nor The Reservist endorse these books. This article is published as a service to our readers.

Advancements

Advancements Effective April 1, 2005

From Enlisted Reserve Advancement Announcement (ERAA) No 04/05. The last names listed are published exactly as they appeared in ALCGPERSCOM 029/05 (R 211516 Z MAR 05). Last names can sometimes be cutoff if they exceed eight characters. Questions should be directed to YNC Jeff Pilkington, jpilkington@hrsic.uscg.mil or 785-339-3410.

BOATSWAIN'S MATE(BM)

BM1 M Kliche
BM1 B BEACH
BM1 P AVELINO
BM1 P SIMPSON
BM1 J PASS
BM1 D DOLDO
BM1 A MONTERRO
BM1 E TREFCER
BM1 J DAVIS
BM1 C GALLASPY
BM1 J KEY
BM1 K THURSTON
BM1 M PRESNELL
BM2 W OVERTON
BM2 B FIGUERID
BM2 J BUFFORD
BM2 J WOOD
BM2 T NICHOLS
BM2 J SANNICOL
BM2 T CONDIT
BM2 D MCMAHON
BM2 A PARKER
BM2 G FEISTER
BM2 B DIXON
BM2 S BARADO

FOOD SERVICE SPECIALIST(FS) FS2 N MARQUIS

GUNNERS MATE (GM) GM2 R AMES

MACHINERY TECHNICIAN(MK)

MKCS R DELGADO
MKC J PECK
MKC S DEANS
MKC C CRUICKSH
MK1 B MCMILLAN
MK1 C BOTELLO
MK1 T HARDY
MK2 B WILSON
MK2 R LUTZ
MK2 T GITTINGS
MK2 K UM
MK2 M WAGNER

MARINE SCIENCE TECHNICIAN(MST)

MST1 J YONKER
MST1 J CHILSON
MST2 K RALSON
MST2 J WILKINSO
MST2 J RAISINGE

OPERATIONS SPECIALIST(OS) OS2 S SLAVINSK

PORT SECURITY SPECIALIST(PS) PS1 D HORNBERG

STOREKEEPER(SK) SKC T BAKER

YEOMAN(YN)

YN2 A TARPLEY
YN2 S HOLLIDAY
YN2 G ADORNO
YN3 P CASURA
YN3 S OSMUN



Photo by Chief Chris Siebenshuh, USCG

It's been a whirlwind lately for Coast Guard Reserve Petty Officer Tom Condit, center, who advanced to BM2 April 1 at HQ. Pinning Condit with their own E-5 crowns is BMCM Mark Allen, left, and CWO2 Ed Kruska, right. Later that evening, Condit's wife gave birth to a baby girl, Marisabel. On April 18, he was honored as CGR Enlisted Person of the Year for HQ units, and now heads off to New London for ROCI in early May.



Photo courtesy BMC Dean Dillingham, USCGR

Dean Dillingham, left, was advanced to BMC on Jan. 1, three months after his brother, Connor, right, advanced to BM1. Both reservists are stationed at Milford Haven, Va.



Photo by LTJG Marlon Heron, USCGR

Craig Laidlaw, center, is pinned BM3 by MST2 Karl Kuhn, left, and PS3 Nick Smith, right, at MSO Chicago March 12.



Photo by CWO2 E.J. Kruska, USCGR

Paul Simpson, center, is pinned BM1 by Casey Strosnider, left, and LT Tom Gwilliam, right, at Headquarters April 1. Simpson, a member of the RELAD Transition Team, was one of 52 enlisted reservists advanced nationwide on April Fool's Day...all joking aside!

Retirements

RET-1 (Retired With Pay)

APRIL 2005

CAPT Alan K. Tingquist
LCDR Roderick S. Hooker
LTJG Charles F. Schewe
CWO3 Donald R. Feinauer
CWO3 Charles A. Welsch
CWO2 George N. Redding
SKCM Louis R. Piazza
BMCS Calvin W. Krefft
DCCS John J. Matta
MKCS Roger W. Davis
BMC Anthony M. Bevilacqua
MKC James E. Arnold
MKC Joe R. Rodriguez
PSC Robert A. Campbell
YNC Audrey G. Porter
YNC Cassin Y. Stacy
BM1 Thomas J. Don
MK1 Robert E. Miller
OS1 Espidion D. Frausto
PO1 Laverne C. Marley
PS1 Benton S. Abernethy
PS1 Joseph E. Downey
SK1 Robert E. Walker
FS2 Charles E. Rehm
MST2 Arthur D. Pope
PO2 Michael M. Morrill
PS2 William A. Hawks

RET-2 (Retired Awaiting Pay)

JANUARY 2005

CDR Michael J. Mazzone, D8

FEBRUARY 2005

MKCS James H. Ayres, D5
SKC Daniel M. Wieber, MLCLANT

APRIL 2005

CWO4 Martin J. Grozinski, Jr., D1
CWO4 John E. Queen, NPFC
AETC Dennis C. Tarlton, MLCLANT
BMC Martin K. Jorjorian, D11
BMC Stewart C. Peters, CGPC
BMC Leo T. Reed, D9
BMC Clydette R. Sawyer, D8
IVC Judy A. Hart, CGIS
MKC Daniel L. Lenz, D13
YNC Keith D. Thompson, CGIS
YNC Novella B. Weatherly, CGPC
BM1 Rand I. Bartlett, CGPC
BM1 Paul T. Muscente, D11

BM1 James J. Partington, D1
FS1 Anna M. Solis, MLCPAC
OS1 Barbara L. Beier, D13
OS1 Peter M. Hohn, D9
SK1 Ronald E. Bevers, MLCPAC
YN1 John M. Bagg, D7
YN1 Geraldine G. Gandara-
Robtoy, MLCLANT
YN1 Harold A. Jones, CGPC
AMT2 Michael F. Shively, D7
BM3 Donald B. Banks, CGPC
BM3 David S. Kinnin, D9
EM3 Timothy H. Hodgins, CGPC
IT3 Brian J. Adams, MLCPAC

*Source: Ms. Lynn Couch, Personnel
Service Center (RAS)*



Photo by SK2 Kevin George, USCGR

Over 59 years service was saluted at a "dual retirement" ceremony for CWO4 Claude S. McIntosh, left, and SK1 Robert E. Walker, right, at Group Fort Macon, Atlantic Beach, N.C. April 3. McIntosh and Walker served 26 and 33 years, respectively. Both were recalled in 1991 for Desert Storm and again in 2003 for Operation Enduring Freedom.



After Four Decades of Service, Reservist Retires...Again!

NEW LONDON, Conn. — CWO4 Dan S. McIntyre's 42 years of service was highlighted at his retirement ceremony here March 30. He publicly thanked Mary, his wife of 29 years, and the Coast Guard for providing so many opportunities.

CWO McIntyre, a New London resident and an instructor at the Leadership Development Center (LDC), enlisted in the Coast Guard Reserve Dec. 23, 1960. He advanced to chief petty officer nine years later and made chief warrant officer in 1982.

During CWO McIntyre's civilian career with Xerox Corporation between 1962 and 1994, he was assigned to reserve units in Atlanta, Miami, Rochester and Syracuse, N.Y. After his civilian retirement in 1994, he went on active duty for two years and served as a Quality Performance Consultant at the Seventh District in Miami. He continued his reserve duty until his first retirement in September 2000.

CWO McIntyre, a 1958 graduate of Bass High School in Atlanta, was recalled from retirement in 2002 and served at the LDC, fulfilling a longtime goal of being involved with an institute of higher learning. McIntyre and his wife, who is also a retired Coast Guard Reservist, plan to relocate to Melbourne, Fla. They have three children.

- **RADM Richard A. Bauman, USCG(Ret.)**, 80, Feb. 15, 2005, Annandale, Va. A native of Fitchburg, Mass., he

graduated from Massachusetts Maritime Academy in 1944. He served in the U.S. Merchant Marine during and after World War II, until he was

commissioned a lieutenant in the U.S. Coast Guard in 1957, sailing on CGC Casco (WHEC 370) out of Boston. His other assignments included: hull inspector at Marine Inspection Office, Portsmouth, Va. and Savannah, Ga., CGC Chincoteague (WHEC



375) in Norfolk, Va., Armed Forces Staff College in Norfolk, Division 12 in Vietnam where he later assumed command of a division which included 13 82-foot patrol boats, liaison officer to Commander-in-Chief, Atlantic Fleet, command of CGC Ingham (WHEC 35), Chief, Information Systems Division at Headquarters, National War College, Chief, Port Safety and Law Division, and Chief of Operations in the Ninth Coast Guard District. Promoted to flag rank July 1, 1980 and became first Chief, Office of Navigation. Assumed command of First Coast Guard District in 1983 before his retirement July 1, 1985. He was preceded in death by his wife, the late Dorothy H. Bauman; father of Elizabeth K. Simpson, Richard Jr., Robert and William Bauman; brother of Frederick Jr., Dorothy Gallagher and George Bauman; three grandchildren. Funeral services were held April 27 at Fort Meyer Chapel with interment following at Arlington National Cemetery with full military honors. In lieu of flowers, contributions may be made to Project Liberty Ship, P.O. Box 25846, Highlandtown Station, Baltimore, MD 21224-0546. See ALCOAST 098/05.

- **CAPT Gerald K. Barker, USCG(Ret.)**, March 15, 2005, Topeka, Kan. Survived by his wife, Lois.

- **CAPT Charles M. Garrett, USCG(Ret.)**, March 3, 2005, Mercer Island, Wash. Survived by his son, William.

- **CAPT John E. Hudgens, USCG(Ret.)**, Feb. 7, 2005, San Diego, Calif. Survived by his wife, Aileen Hudgens.

- **CAPT Harold Perkins, USCG(Ret.)**, Feb. 19, 2005.

- **CAPT John Schertzl, USCG(Ret.)**, Feb. 24, 2005, Watertown, Wis. Survived by his daughter, Mrs. Jerri Brackob.

- **CDR Alfred S. Casieri, USCG(Ret.)**, Jan. 26, 2005, Berryville, Va. Survived by sons, John and Marcus. Interment Strawsburg, Va.

- **CDR William M. Dubbin, USCG(Ret.)**, Feb. 3, 2005, Saratoga, Calif. Survived by his wife, Sara.

- **CDR Frank G. Farina, USCG(Ret.)**, March 9, 2005, Wallingford, Conn. Survived by his wife, Katherine.

- **CDR Lawrence B. Marshall, USCG(Ret.)**, Feb. 11, 2005, Boothbay Harbor, Maine. Survived by his wife, Betsey.

- **CDR Edward J. Stockman, USCG(Ret.)**, March 8, 2005, Norwell, Mass. Survived by his wife, CDR Gertrude C. Stockman, USCG(Ret.). Interment Bourne, Mass.

- **LCDR Ronald P. Fontaine, USCG(Ret.)**, March 28, 2005, Londonderry, N.H. Survived by his spouse, Jeannine.

- **LCDR Grant E. Trouton, USCG(Ret.)**, Feb. 12, 2005, Spring Hill, Fla. Survived by his wife, June; three children; six grandchildren and two great-grandchildren. Interment New Port Richey, Fla.

- **LCDR David H. Weiher, USCG(Ret.)**, March 11, 2005, Wilmington, N.C. Survived by his widow, Emmita.

- **CWO3 John L. Daniels, USCG(Ret.)**, Feb. 12, 2005, Staten Island, N.Y.

- **PSCM James M. Strong, USCG(Ret.)**, March 2, 2005, Winter Haven, Fla. Survived by his wife, Evelyn.

- **DCC Milton J. Sweeney, USCG(Ret.)**, Feb. 21, 2005, Duluth, Minn. Survived by his wife, Louise.

- **HSC Gerald W. "Bill" Connolly, USCGR**, 52, Feb. 11, 2005, at his home in Boscawen, N.H. He was serving with PSU 301 in Bourne, Mass., awaiting overseas duty. Following high school, he enlisted in the U.S. Navy where he served proudly as a combat corpsman. During his tour he assisted in the evacuation of U.S. citizens and allies from South Vietnam. In 1975, his unit responded to the seizure of the American ship Mayaguez by the Khmer Rouge off the coast of Cambodia. His service in the Coast Guard included a deployment as part of the U.S. humanitarian response to the Cuban boat crisis and assignment in the Persian Gulf during the first Gulf War.

- **HSC Albert W. Korn, USCG(Ret.)**, April 2, 2005, Traverse City, Mich.

- **PSC Donald R. Brooks, USCG(Ret.)**, March 2, 2005, Rainsville, Ala. Interment Rainsville, Ala.

- **PSC Leon Mordick, USCG(Ret.)** March 16, 2005, St. Louis, Mo. Interment St. Louis.

- **QMC Theodore R. Cote, USCG(Ret.)**, Jan. 12, 2005. Survived by his wife, Gloria,

- **SK1/c Dorothy Frank, Coast Guard SPAR (WWII)**, August 2004. Attended boot camp in Palm Beach, Fla. in 1943. She served in San Diego her entire USCG career.

- **BM2 James O. Wright, USCG(Ret.)**, Feb. 20, 2005, Landisville, Pa.,

- **SK2 Thomas F. Parsons, USCG(Ret.)**, Feb. 14, 2005, Elizabeth City, N.C. Survived by his wife, Sylvia.

- **Mildred Johnson, Coast Guard SPAR (WWII)**, 80, Jan. 2, 2005, of Hemet, Calif. Served from January 1945 until September 1945, at Long Beach, Calif., 11th Coast Guard District until discharged. She was a member of Coast Guard Cutters #92 since May 1990. Interment Riverside National Cemetery, Riverside, Calif.

Just Keep Smiling!

I have this love/hate relationship with my morning workouts. In the past, I've always been pretty good about getting weekly cardio exercise. So, I decided in January to begin working out daily with weights (it was a New Year's resolution). On the one hand, I know it is good for me — especially at this time of my life — good for aging bones. But on the other, unlike my cardio workouts, it lacks in variety and, well, it's just boring.

The morning I wrote this column started out particularly annoying. While every muscle in my body was about to arrest me for physical abuse (I had just moved up to heavier weights), the instructor on the tape I was following had the nerve to say: "Come on — you can do it — just keep smiling!" What could this guy be thinking? He must be mad! Smiling — that certainly was the last thing on my mind. Furthermore, the participants behind him were flashing their pearly whites and did seem to be enjoying the routine (maybe they were using paper weights) so I gave it my best. Surprisingly, the workout went by quickly and, until I remembered that the deadline for this article was fast approaching, I was feeling pretty good.

Attitude is an amazing thing. It's defined by Webster as "a feeling or emotion toward a fact or state; a mental position with regard to a fact or state." We all have it and we all use it every day in everything we do. It can be negative or positive and it's always in a constant state of change or as some might say, a work in progress. We notice it so easily around us but often ignore our own as though it is ours exclusively and none of anyone's business. I'll bet you can't remember the last time you had a bad day because you thought it was no big deal. But I can imagine you remember the last time your supervisor had a bad day, didn't

appreciate your hard work on a project, or didn't take the time to acknowledge you. Likewise, you can bet your subordinates remember your last bad day.

In almost everything we do, it is important to have a good positive attitude. It's how athletes win competitions, it's how our troops go into battle overseas, and it's how we all made it through boot camp, OCS or swab summer! It's how we motivate people we supervise and how we should relate to our superiors and our children. It's characteristic of a good leader.

I regularly get e-mails from an old friend, MCPO Doug Stell, who is assigned to one of our Naval Harbor Defense teams and currently overseas. Although, I know they live daily with danger, uncertainty, boredom and the like, he is always upbeat, positive and never complaining. I'm guessing that might describe almost all of the folks on that team, particularly those who work for him.

What's most important to remember about attitudes is that, under most circumstances, we control whether the attitude we project is poor or positive. It's a matter of how we choose to react to the environment surrounding us at that moment. Are you going to have bad days, bad attitudes or unforeseen problems? Of course, we all do. Just admit it's happening, deal with it or get over it; don't let it consume you and affect others around you. It's not whether we are having a bad day; it's whether we act like we are having a bad day. Often we can't control the former, but we can control the latter.

Someone once told me "life is 10 percent living and 90 percent attitude." It does make sense. Keep smiling and even the most mundane of tasks can become enjoyable. By the way, I think I'm feeling pretty good again.... Semper Paratus!



"What's most important to remember about attitudes is that, under most circumstances, we control whether the attitude we project is poor or positive. It's a matter of how we choose to react to the environment surrounding us at that moment."

**By MCPO Bonnie Bernard, USCGR
Reserve Command Master Chief, D5
bbernard@lantd5.uscg.mil**



Fireworks explode over the White House on the eve of President Bush's inauguration at the conclusion of the "Celebration of Freedom" ceremony at the Ellipse in Washington D.C., Jan. 19, 2005.

Photo by Tech. Sgt. Tracy DeMarco, USAF

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